



“THE CAPACITY TO LEARN IS A GIFT;  
THE ABILITY TO LEARN IS A SKILL;  
THE WILLINGNESS TO LEARN IS A  
CHOICE.”

UPCOMING EVENTS

SUMMER BRIDGE

Tuesday, August 22, 2023 | 9:00 a.m. - 4:00 p.m. &  
Wednesday, August 23, 2022 | 9:00 a.m. - 4:00 p.m.

ATTN. ALL SCHOLARS: Join us on this amazing two-day experience where you will be able to immerse yourself in topics regarding wellness, career readiness, academics, all while getting the opportunity to build community with other scholars. We recommend signing up for as many workshops as possible, as they were created with YOU in mind! learn more about the work-shops we have to offer and RSVP today!

LEARN MORE

RSVP HERE

GPS ORIENTATION

Tuesday, August 22, 2022, 8 a.m. - 10 a.m.  
Location: Instruction & Innovation Banquet Room 1300

Calling all incoming first-year GPS Scholars! Come learn all about GPS and how this amazing program can support you throughout your years here at CSUDH. You will have the opportunity to meet other students, just like you, who are pursuing a STEM degree, you do not want to miss out, RSVP today!

RSVP HERE


WELCOME WEEK

Monday, August 28, 2022 - Friday, September 1, 2022

Join us as we warmly welcome you into the new school year with some delicious snacks and fun activities. Come hang out with your advisors and peers, and tell us all about what you did over Summer Break. Visit us at North LIB, 4th floor, suite 4000. Stay tuned for our flyer, coming out soon.

REMINDER: TEXTBOOK LOAN PROGRAM

ATTN. GPS SCHOLARS: As you are preparing for the Fall semester please remember that we can assist you with purchasing your textbooks. Simply fill out this form: [click here](#).



STAY IN THE LOOP about the phenomenal events happening on campus by checking out the “Events” section on your torolink.

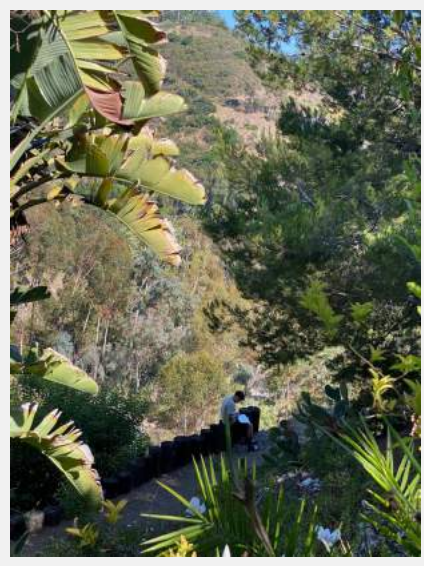
TOROLINK

FOLLOW OUR SOCIAL MEDIA PAGES  
FOR UPDATES AND REMINDERS OF OUR UPCOMING EVENTS!

# SUMMER

## SUMMER FUN

Look at these incredible moments captured in our Serra Overnight Retreat. Our GPS Scholars enjoyed time in nature and learned various coping strategies on how to improve their mental health, all while building community amongst themselves. Special thank you to Dr. Norma Quintero and Dr. Bruce Wallace (psychologists from CSUDH Student Psychological Services) for joining us and supporting us in facilitating many of the wonderful activities.





# ACADEMIC CORNER

## CSUDH ACADEMIC DEADLINES YOU SHOULD KNOW ABOUT:

Sunday, August 27  
Sunday Last Day for students Waitlist to be added to classes; all waitlists will be canceled at midnight.

Monday, August 28  
Monday Classes Begin

June 1-7  
Late registration & Add/Drop | Session I  
Fees due at time of registration

Monday, August 28- Friday, September 15  
Late Registration and Add/Drop via MyCSUDH  
fees due 48 hours after registration

**PLEASE REFER TO THE 2022-2023 ACADEMIC  
CALENDAR FOR MORE IMPORTANT DATES AND  
DEADLINES.**

**ACADEMIC CALENDAR**



## RECOGNITION

Special thank you to our CISE Scholars for participating in our student panel during our Advisor Retreat. We are very grateful to you all for taking the time to come and share with us about your experience here at CSUDH. We are very proud of everything you have accomplished thus far, and we cannot wait to see the many more grandiose things life has in store for you all.



Captured from left to right: Edlin Hernandez- TTS Scholar, Jose Hernandez- TTS Scholar, Raul Higuera- GPS Scholar, Daira Aguilar- GPS Scholar

# INTERN

## SPOTLIGHT

Check out two of our GPS Scholars who are currently interning at the Fab Lab and are supporting the Summer Lab School program. There, they assist high school students with learning various skills from coding to using 3D printers to making stickers using vinyl cutters.



*Jessica Barrios, Computer Science Major (Captured on the left in the white Fab Lab coat)*



*Carlos Hernandez, Computer Science Major (Captured on the right in the white Fab Lab coat)*



We want to give a birthday shoutout to our Scholars who were born during the month of August, may your special day be full of love, laughter, and yummy cake.

### GPS SCHOLARS

Andrea N. M.  
August 03

Lisandro H. G.  
August 04

Lalo S.  
August 05

Eduardo Y.  
August 16

Sergio P.  
August 20

Rodolfo O.  
August 22

Daniel L.  
August 25

Victor G.  
August 28

### STEM Scholars

Kevin D.  
August 08

# WELLNESS

## CORNER

Stay fresh this summer by checking out some of the cooling centers around Los Angeles county, the following resources are interactive maps that allow you to see where is the nearest location to you:

COOL SPOTS  
LA APP

FIND RELIEF FROM  
THE HEAT

## FIND FOOD

Locate a Partner Agency

Locate your local food pantry this summer simply by typing in your zip code.

LA FOOD BANK

## 5 HEALTHY EATING TIPS FOR STUDENTS

WITH NO TIME

### Meal prep

Cooking your meals all at once for the week, saves you a heap of time, and ensures you have quick access to healthy options. This also includes preparing your lunch the night before.



### Eating a substantial breaky

If you are on the move all day, eating a large, filling breakfast full of protein and fibre, will keep you fuller for longer throughout the day



### Planning for success

Planning out your food for the week, writing shopping lists, and preparing your food the night before is a good way to set yourself up for a healthy week

### TIP 01



### Snacks for on the go

If you are always on the move, having a bundle of healthy snacks you can reach for quickly will stop you from getting hungry, and avoid under-eating during the day, or over-eating at the end of the day

### TIP 02

### TIP 03



### Already made healthy meals

If you don't have time to cook or meal prep, buying pre-packaged, already made healthy meals are an easy alternative. This also includes using snap frozen/already sliced veggies/fruit.

### TIP 04

### TIP 05



BETTER EATING NUTRITION

THE UNIVERSITY OF QUEENSLAND AUSTRALIA

SHARPERMINDS Health Strategies for Student Success



## TIPS FOR STAYING HEALTHY IN COLLEGE



### FOLLOW THESE TIPS



### Physical Health

#### EXERCISE ON CAMPUS

- campus gyms
- intramural sports



#### EXERCISE OFF CAMPUS

- outdoor activities
- hiking
- surfing



#### EAT FRUITS

- buy from dining halls or mini supermarkets
- oranges, bananas



### Mental Health

#### MEDITATION

- easy, simple
- do it everyday
- calm, mindful



#### STRESS TOYS

- stress balls
- pop its
- cheap, fun
- stress relieving



#### BEING APPRECIATIVE

- think of 3 things to be grateful for
- increases happiness



## FREE FARM FRESH PRODUCE SUMMER DISTRIBUTION EVENTS

Dates: Every Tuesday  
May 30th - August 15th  
(except July 4th)  
Time: 11 am - 1 pm  
(while supplies last, first come-first served)  
Location: South Walkway

If you are a CSUDH student, stop by the Sustainability booth on the South Walkway every Tuesday to pick up farm fresh produce from the CSUDH Campus Urban Farm as well as pre-packaged produce from local Farmers Markets. Please bring your student ID card with you.

CSUDH | SUSTAINABILITY

csudh.edu/sustainability

@csudhsustainability

sustainability@csudh.edu

BASIC NEEDS INITIATIVE



Compton College/SEE-LA Weekly Farmers' Market  
Wednesdays | 3:00-7:30 PM  
Open to the Public  
Compton College - Tartar Village

[MORE INFORMATION](#)

Mobile Food Pantry  
Tuesday, August 08 | 1 p.m. - 3 p.m.  
Open to the Public  
Parking Lot F- Enter on Greenleaf Blvd. between Santa Fe. Ave.  
and Long Beach Blvd.

# WHAT'S HAPPENING AROUND ME IN JULY?

**FREE ENTRANCE FOR MUSEUMS IN  
LOS ANGELES**

[VISIT WEBSITE](#)

**FREE SUMMER CONCERTS AT  
REDONDO BEACH PIER**

Every Thursday and Saturday in August

[VISIT WEBSITE](#)

**FREE ONLINE MUSIC LESSONS WITH  
CULTURAL ALLIANCE OF LONG  
BEACH**

Every Saturday in August

[VISIT WEBSITE](#)

# CISE UNDERGRADUATE TEAM

MAY YOU HAVE ANY QUESTIONS, CONCERNS, OR NEED ANY ADDITIONAL SUPPORT, PLEASE CONTACT YOUR DESIGNATED PROGRAM ADVISOR.

## GUIDED PATHWAYS FOR STEM | GPS



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[SCHEDULE AN APPOINTMENT](#)



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[SCHEDULE AN APPOINTMENT](#)



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[SCHEDULE AN APPOINTMENT](#)

## STEM SCHOLARS



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[SCHEDULE AN APPOINTMENT](#)

## TRANSFER TO SUCCESS | TTS



**BEATRIZ PEREZ, M.S.**  
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[SCHEDULE AN APPOINTMENT](#)

## SHARE YOUR THOUGHTS

Please use this link to anonymously submit any comments, feedback, suggestions, questions, or other thoughts you'd like to share with the team.

[SHARE](#)

