

Si Se Puede: A Year Like No Other

For me, the COVID-19 pandemic shutdown began in the middle of March 2020. We were sent home from work and my graduate school professors had to quickly transfer classes online. I also remember the terrible weather—right around the same time a big storm moved in and it rained for days on my end. I watched from my kitchen window, in between urgent Zoom meetings about how we would help our students now that we could not be on campus. We knew students were struggling and that their world had been turned upside down.

It is now a year later. We had to adjust to online classes, so we did. We had to adjust to working online, so we did. There is so much we have had to change about our lives.

It is appropriate that we are about to celebrate Cesar Chavez Day at the end of March. He and Dolores Huerta created the famous “Si Se Puede!” (literally, “yes, it can be done”) to motivate workers to fight for better conditions and to keep moving forward for better lives.

You are also fighting and still moving forward. Do not underestimate what you have survived and give yourself credit for persisting through this very strange part of history that we are living in. We will keep going; we will strive for our goals; yes, it can be done!



Announcements

Real Talk, Real Support #2

Wednesday, March 17, 2021 | 1 - 2 p.m.

The Real Talk, Real Support Series will provide all CSI³ undergraduate students with an opportunity to share personal experiences and feelings, coping strategies, or firsthand challenges. Join us, [RSVP](#) today!

CSI³ Advisor One-On-One Meeting | Schedule Today

Do you need help with any class, dropping a class, getting a hold of your instructor, need tutoring, have questions about financial aid, etc.? If so, all you have to do is reach out and schedule a time to meet with your CSI³ Advisor!

TTS Scholars, for your convenience you can now schedule a virtual one-on-one appointment via the Toro Success Collaborative (TSC) platform. [CLICK HERE](#) for instructions on how to set up your appointment.

MSTI, STEM and WISE Scholars, [CLICK HERE](#) to schedule your next appointment today

Share Your Experience | We Want To Highlight You

Have you recently obtained a research, scholarship, internship, STEM employment, leadership role, graduate school, etc. opportunity? We recognize your hard work and want to celebrate you! [CLICK HERE](#) to share your story.

Toro Touchdown Space | On Campus Study Space

Scholars, did you know you can now study on campus? This secure, outdoor, tented area exists to accommodate all currently enrolled students on a first-come, first-served basis. Designed to include various amenities and technologies, this space offers an alternative academic environment for CSUDH students during the COVID-19 pandemic.

CSI³ Undergraduate Announcements Padlet

Stay up to date with us! Visit our [CSI³ Undergraduate Announcements Padlet](#) daily for the latest events, workshops, job opportunities, and resources! You do not want to miss out.

GRADUATE SCHOOL CORNER

The [National Center for Education Statistics](#) discloses that the total post-baccalaureate enrollment rose by 36% between 2000 and 2010. Between 2018 and 2029, the enrollment rate for post-baccalaureate studies is projected to grow by 3%. This growth trend in graduate enrollment is a testament to increasing interest among undergraduates to pursue a master's degree or a doctorate that, by standards, would lead to lucrative and rewarding professions.

Here are a few interesting yet fun and true-to-life facts you might not know about grad schools and life as a graduate student.

1. Graduate Schools are no longer the same as undergraduate schools.

During your undergrad years, you're most likely discovering and getting to know yourself better – your career aspirations, academic interests, and purpose for getting such a program. By the time you're admitted to a graduate program, much of the self-discovery process has settled down, and what's left is to become immersed exclusively in your preferred area of study. Graduate courses tend to be more practical, which means more work outside the classroom, smaller, and longer in duration.

2. Your eating habits may be irregular during grad school.

Graduate programs are very demanding or even costly. You may be eating irregularly due to extremely hectic schedules, or just because you're broke. Also, the chances are it can be both.

3. Being a self-starter in graduate school will take you places

Most of the time, graduate programs require students to be self-starters. Your thesis advisors won't reach out to you if problems persist. You will, instead, need to track your courses and reach out to the people you need to communicate with when issues arise. When it comes to graduate research, you may work with a faculty staff as your thesis advisor, but when it comes to developing research, no one except yourself can direct you to the right places. You are the captain of your ship during your grad school venture.

Self-care CORNER

HOW TO CALM YOUR ANXIETY

Finding little ways to reduce your stress and anxiety throughout the day will make you happier and will leave you feeling more in control with your life.



Focus on your breathing



Replace fearful thoughts



Stay present



Phone a loved one



Engage in a calm activity



Play some relaxing music



Write it out



Reduce caffeine, sugar and processed food

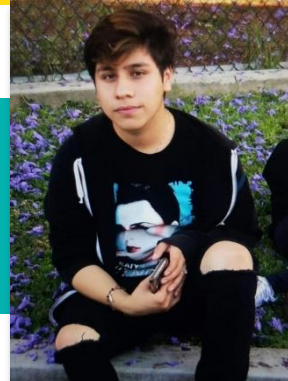
Community BUILDING



Scholars OF THE MONTH



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Remember we are here to support you. Don't forget to reach out if you need ANYTHING. [Click Here](#) to schedule an appointment.



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