

CSI³ NEWSLETTER

NO. 19 | JULY 20, 2020

Hello CSI³ Scholars,

Did you know there's an international holiday for friends? Neither did we! International Friendship Day may be another *Hallmark* favorite, but it's around the corner (July 30) and it made us think about you. What is so attractive about such a holiday you ask? The power of appreciation.

Today is a new day, it doesn't have to be a holiday for you to appreciate your loved ones, friends, colleagues, or the things you possess. We ask that you take a moment to stop and reflect on your own personal relationships and your surroundings. Take this time to appreciate and remind your loved ones that they are important. A simple phone call, text message, check-in email or nice gesture can go a long way. **Appreciation** is a key to any relationship. Together we can bridge the gaps and strengthen our relationships. The CSI³ Undergraduate team would like to remind you that we appreciate YOU! We appreciate your hard work, your trust, your resilience, and when we get to see your lovely faces (and your cool Zoom backgrounds).

Practice self care and check out our "Appreciation is Important" section. Watch videos, learn useful facts and add great accounts to your social media feed!



CSI³ LEADERSHIP CLUB MEETING TUESDAY, JULY 21ST AT 2-3 P.M.

Have you heard? Our new CSI³ Leadership Club's executive board will be having their first meeting on Tuesday, July 21st from 2-3 p.m. Meet with us **via Zoom!** These meetings will be held every other Tuesday during summertime. All undergraduate scholars are welcome to join. For any questions, please email Lizeth Aguilar at laguilar@csudh.edu. See you soon!

WISE WOMEN WEDNESDAY MIXER Wednesday, July 22nd at 2:30-3:30 p.m.

Wise Scholars, don't forget to RSVP and join us as you will meet your fellow WISE scholars, and learn more about each other's major, and future career goals! Together you can elevate one another and build on those successes. We hope all of you can attend!

RSVP TODAY: <https://bit.ly/WWWseries>

TEACHER PREP WORKSHOPS: RESTORATIVE JUSTICE WORKSHOP #2 Thursday, July 23rd at 10:30-11:30 a.m.

Future teachers, we encourage all of you to attend and gain more guidance, training, and hands on experience on this topic. Teaching is not only about educating the next future generation, but also shaping students by introducing them to restorative justice, discipline and values. Values that go beyond classroom walls. Don't wait to prepare your future self for later, prepare now and get ahead of the game!

RSVP: <https://forms.gle/nWw9u8yWMVPfNu9fA>

STEM UP

Monday, August 10 - Friday, August 21st, 2020 | [Sign Up Today!](#)

Get ahead of the game to learn skills and knowledge for your upcoming STEM courses and to prepare for that STEM job after graduation. STEM Up is for every STEM Scholar! We highly encourage you to attend!

COMMUNITY BUILDING

Scholars, join the fun! Please highlight someone whom you appreciate and tell us why.

<https://padlet.com/amena16/4cgx1tssybxlquu>

LET US KNOW

- [Click to Smile!](#)
- [Need A One-On-One Appointment?](#)
- [Mock Interview](#)

GET INFORMED

- [MARS 2020 STEM Toolkit](#)
- [Stay ALERT!](#)
- [Summer Tutoring](#)
- [Need to Borrow Technology?](#)
- [Career Center](#)
- [Writing Support \(Available through August 7!\)](#)

APPRECIATION IS IMPORTANT

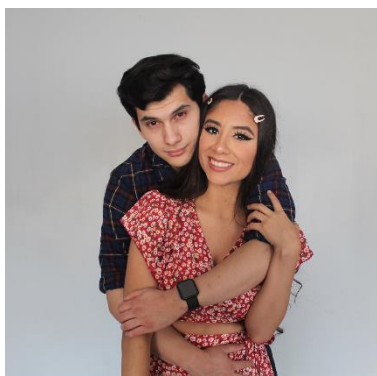
- [14 Health Benefits of Practicing Gratitude According to Science](#)
- [The Gratitude Experiment \(YouTube\)](#)
- [Giving Thanks Can Make You Happier](#)
- [Thankful First Generation Students \(YouTube\)](#)
- [Do you need a TED Talk?](#)
- [The 10 Happiest Instagram Feeds to Follow](#)
- [In Times of Crisis, a Little Thanks Goes a Long Way](#)
- [Movies to Watch](#)
- [How Grateful Are You?](#)

Appreciation Corner



This is my family and I truly appreciate them. The love and support they provide, as well as the sacrifices they make for my education is truly something amazing! They are my anchor and the motivation that keeps pushing me forward.

Jose Salas, MSTI Scholar



I appreciate my boyfriend Christian who motivates me through every semester filled with difficult science classes. If it weren't for him tutoring me, I would have struggled so much. Thank you, Christian!

Linda Hurtado, STEM Scholar



I appreciate my mom for teaching me how to become an independent and successful adult with good manners. For teaching me how to stay strong, stay positive, and never give up. And most importantly I appreciate my mom for always standing by my side when times get hard.

Monica Perez, STEM Scholar



The person I appreciate is my grandmother who taught me that to always look for the good in others and do anything you set your mind to from the heart.

Isabella Soto, STEM Scholar

Scholar OF THE Week



RAQUEL HERRERA MIRANDA | RISING SENIOR
LIBERAL STUDIES MAJOR

Campus Programs/Involvement: I am part of the Math and Science Teacher Initiative Program and was part of the RISE Program (I served as a tutor through RISE). Unfortunately due to my two jobs and always having >15 units I am not able to commit to more campus involvements as much I want to. Nonetheless, I was able to visit the LGBTQ+ room and watch a few theater plays.



MATH & SCIENCE
TEACHER INITIATIVE

Career Goal: My main goal is to become the best teacher I can be. I want to change the education system and shape communities over time. My career goal is to be able to change lives for the better and to offer these children the most effective learning experience possible.

Hobbies: In my free time I like to paint, play soccer and go hiking.

How has CSI³ helped you? CSI³ has helped me reach many of my goals. From being a tutor and spending my days in small groups with students, to being a teacher assistant and learning as I got hands-on experience. CSI³ has been there every step of the way, guiding me, helping me, teaching me, and accepting me. CSI³ has helped me become an amazing teacher, leader and agent of social change.

What keeps you motivated and positive throughout life's hardships? Working with students has really helped me maintain a healthy mental state and remain positive in the midst of animosity. Waking up and knowing that I am going to see my kids makes me happy to be alive. Happy to be part of this team because without it, I honestly don't know where I would be.

What advice would you like to give to your fellow scholars? To my fellow scholars, please take advantage of every opportunity CSI³ offers! Also, I advise you to do things that make you happy. Life is too short to waste it on being occupied with things that don't make us feel alive and happy.

[NOMINATE A SCHOLAR!](#)

Best of luck to those taking summer classes! 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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