

CISE UNDERGRADUATE NEWSLETTER

DECEMBER 2022

NO. 44

MERRY VIBES ONLY



“

IF YOU CAN'T FLY, THEN RUN. IF YOU CAN'T RUN, THEN WALK. IF YOU CAN'T WALK, THEN CRAWL. BUT WHATEVER YOU DO, YOU HAVE TO KEEP MOVING FORWARD.

”

UPCOMING EVENTS

DECORATE WITH US

Tuesday, December 6, 2022 | 10 a.m. - 12 p.m.
Location: LSU Room 326

Take a break from studying and join us for our Christmas inspired social. Stop by at any time throughout our event to enjoy some yummy cookies, de-stress with some arts and crafts, all while watching a merry movie.

Wear a Christmas sweater or shirt to be entered into a raffle to win a price.

[RSVP HERE](#)

LET'S GET REAL ABOUT GRAD SCHOOL

Tuesday, December 6, 2022 | 1:30 p.m. - 2:30 p.m.
Location: Via Zoom

Have you been thinking about graduate school and/or lab research opportunities? Join UC Riverside's Dawn Loyola, Director of Graduate School Advising, for REAL answers about life as a grad student!

[JOIN ZOOM](#)

FINALS WEEK SUPPORT

Monday, December 12, 2022 - Friday, December 16, 2022
Location: CISE Collaboration

We know finals are only a few days away and we want to invite you to attend our Finals Week Support. During this event, you will have the opportunity to connect with other scholars, receive resources, hear about some coping strategies to combat finals, while relaxing and having some quiet time to study. We are here for you every step of the way. You got this!

*Believe in yourself
and you can achieve
anything.*

GOOD LUCK WITH YOUR EXAMS!

STAY IN THE LOOP



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!**



SEMINAR RECAP



SEMINAR #2 & #3 RECAP

If you missed out on our second or last Online Seminar of the Fall semester, not to worry, we got you covered. Below you will find the recording of our different breakout sessions, just click on the link for the corresponding session you would like to view.

[GRADUATE SCHOOL & PROGRAMS](#)

[LINKEDIN BIOS](#)

[MEET & GREET RAYTHEON INTELLIGENCE | SPACE DIVISION](#)

[PRACTICING GRATITUDE FOR BETTER MENTAL HEALTH](#)

[SELF-CARE WORKSHOPS](#)

[THE THINK ALOUD: A METACOGNITIVE STUDY TECHNIQUE](#)

ACADEMIC CORNER

ACADEMIC DEADLINES YOU
SHOULD KNOW ABOUT

Friday, December 9, 2022

Last day of
scheduled classes

Saturday, December 10 -
Friday, December 16

Final Examinations

Wednesday,
December 14, 2022

Spring 2023 Graduation
Application Deadline
(with late Fee)

Wednesday, December 21 -
Tuesday, January 17

Winter Session 2023

Saturday, December 24 -
Monday, January 2

Winter Break and New Year's
Day Holiday
(No Classes, Campus Closed)

Please refer to the
2022-2023 academic calen-
dar for more important dates
and deadlines.

[ACADEMIC CALENDAR](#)



SCHOLARS OF THE MONTH



CHRISTOPHER HERRERA-BORJA

Psychology Major, Senior Year

[READ MORE](#)



EMILY DEL CID

Computer Science Major | First Year

[READ MORE](#)



PAUL NGWOKE JR.

Computer Science Major | First Year

[READ MORE](#)

TEACHER CORNER

Teacher Resume Builder

Looking to add to your resume? In collaboration with Toro Tutors, MSTI Scholars are invited to attend four online training sessions this semester focusing on classroom management strategies and metacognition.

Don't miss out! RSVP for the LAST training on December 10.

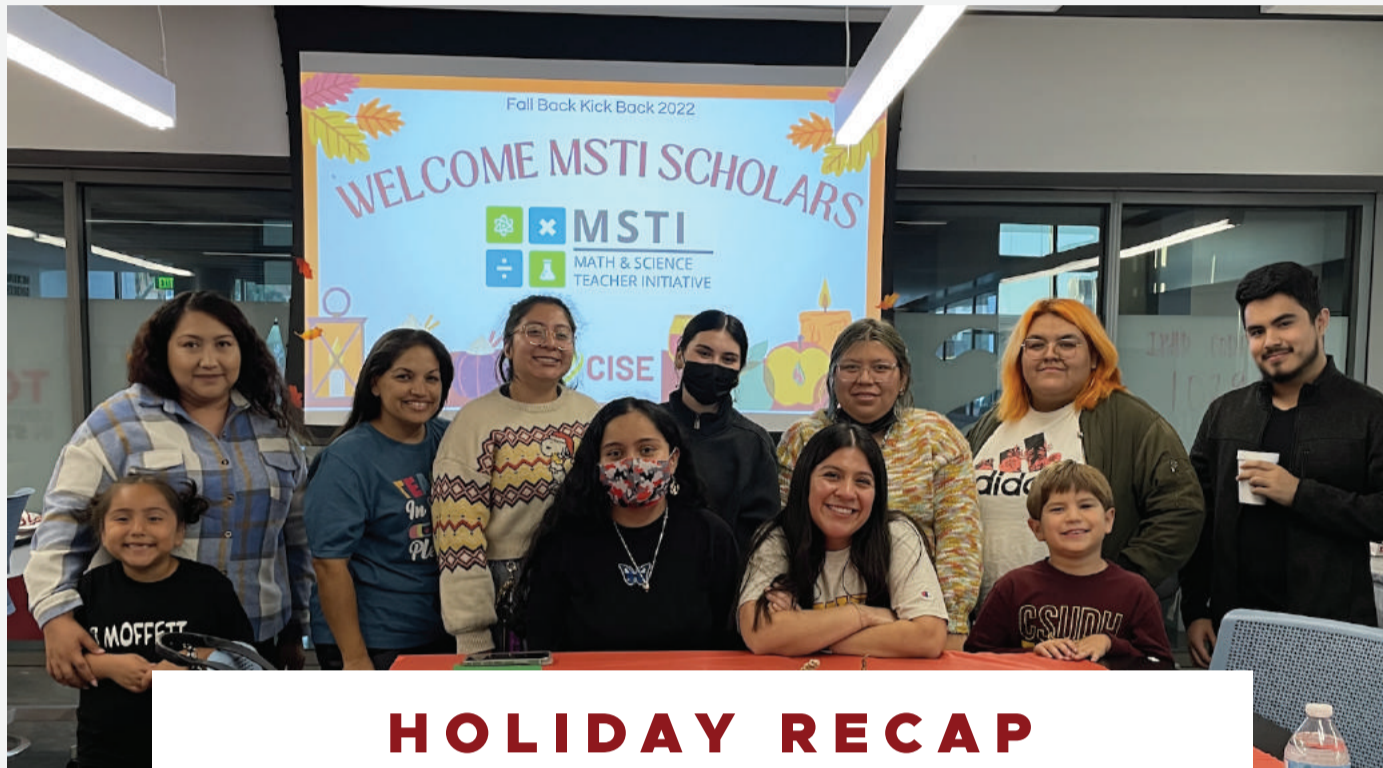
[RSVP HERE](#)

LOOKING AHEAD: Dual Language Learning Certificate Information Session

There is a growing need for multilingual educators within the Los Angeles area and the Teacher Education Division is proud to play a part in developing the next generation of critical multilingual educators!

The CSUDH College of Education offers several different Bilingual and Dual Language (Spanish-English) programs. All programs offer a pathway to earn the Bilingual Authorization in Spanish and meets the latest Bilingual Authorization expectation set forth by the California Commission on Teacher Credentialing (CTC)

SAVE THE DATE: Join a special CISE Information Session on January 11 at 5 p.m. to learn about the several pathways to earn a Bilingual Authorization.



HOLIDAY RECAP

MSTI Scholars, thank you for joining our first social event! We had a blast playing games, eating delicious food, and getting to know each other. The MSTI team wishes you a Happy Holiday season, and we look forward to hanging out again.



ROAD TO TEACHING CONFERENCE RECAP

Our CISE Undergraduate Scholars had the amazing opportunity to attend the Road to Teaching Conference at Santa Ana College. Our scholars heard a keynote from Ms. Alondra Diaz, 2022 California Teacher of the Year, and were able to attend various sessions focused on Teacher Development and Career Advancement.



A teacher is a crucial factor in student success. The odds were against me from the moment I stepped into my kindergarten class. But teachers who took the time to really know me, who transmitted their love and care, and created classroom communities of acceptance and validation changed me. Teaching is in the business of changing lives.

- Ms. Alondra Diaz -



COMPTON COLLEGE CORNER

COMPTON COLLEGE/SEE-LA WEEKLY FARMERS' MARKET

Wednesdays | 3:00-7:30 p.m.
Open to the Public
Compton College - Main Loop

[MORE INFORMATION](#)

MOBILE FOOD PANTRY

December 13 | 1:00-3:00 p.m.
Open to the Public
Compton College
Parking Lot F | Enter on Greenleaf Blvd.

[MORE INFORMATION](#)



CAREER & ENGAGEMENT CORNER

Let's get REAL about Grad School!
Have you been thinking about graduate school
and/or lab research opportunities?

Join UC Riverside's Dawn Loyola, Director of
Graduate School Advising, for REAL answers
about life as a grad student! She'll share secrets
about funding and opportunities you may not be
aware of.

December 6, 2022 | 1:30 - 2:30 p.m. | Via Zoom

[JOIN ZOOM](#)

Attention Computer Science majors!
Are you interested in coding and helping
K-12 students?

The CISE Coding Club may be a great fit for you!

• 5 hrs/wk in the afternoon at a school close to
CSUDH. (additional hours available through the Fab
Lab on campus or with special projects)

• Pay rate: \$17- \$18 per hour

• No Experience required

For more information contact
Yesenia Zavala at y Zavala@csudh.edu

APPLY NOW FOR SUMMER 2023 INTERNSHIPS!

Do you need help with applying?
Make an appointment with Maria Dien, GPS Career Specialist
mdien@csudh.edu



Application DEADLINES are typically in January or March for large-scale, science internships.

APPLIED MINDS

We are seeking Summer Interns to join our
multidisciplinary team. Our interns gain valuable
work experience in a fast-paced environment
working on one-of-a-kind projects. Our intern-
ships are very hands-on and have exposure to
the latest technologies in software development,
robotics, architecture, electronics, and fabrica-
tion, particularly in the following areas:

- Software Programming/Development
- Image Processing Development
- Electrical Engineering
- Mechanical Engineering
- Graphics Design
- Architecture
- Graphic and Interior Design
- Robotics
- Automotive Engineering

[MORE INFORMATION](#)

[APPLY HERE](#)

SOUTHER CALIFORNIA EDISON

An internship with us gives you real-world experi-
ence, constant learning, and ongoing support to
grow personally and professionally. To be consid-
ered for an internship, you need to be enrolled
full-time in an accredited university or college,
and you should be returning for at least a term,
semester or quarter following your internship
period.

Beyond that, if you're ready to work with
remarkable people in a place where you'll be
encouraged to think big, we want to hear from
you.

[MORE INFORMATION](#)

NEW GRADUATE JOBS at SCE
Search and APPLY:

[EDISON CAREERS](#)

OAK RIDGE NATIONAL LABORATORY (ORNL)

This program is designed to complement academ-
ic programs by utilizing the unique resources of
Oak Ridge National Laboratory to encourage
careers in science and technology; and improve
scientific literacy. ORNL is the largest science and
energy laboratory in the Department of Energy
system. Areas of research include materials,
neutron sciences, energy, high-performance
computing, systems biology and national security.

- Ten-week summer internship
- Full-time participation (40 hours/week)
- Appointments will start on May 22, 2023.
Appointments will end on July 28, 2023. Dates
for individual appointments may be flexible to
account for academic calendars.
- Appointments will be conducted on-site in
Oak Ridge, Tennessee.

APPLICATION DEADLINE: FEBRUARY 15, 2023
INTERNSHIP CODE: ORNL-TPI-UGS-2023

[APPLY FOR INTERNSHIPS HERE](#)

U.S. DEPARTMENT OF ENERGY SCIENCE UNDER- GRADUATE LABORATORY INTERNSHIPS (SULI) PROGRAM

Interested in learning about the SULI experience
at the DOE national labs? We invite you to join this
highly interactive workshop to engage with
scientists and recruiters from the DOE national
laboratories. Additionally, SULI alumni will share
their journey and answer questions through a
panel discussion. You may register here:

APPLICATION WORKSHOP
December 5, 2023 | 3 p.m. -4 p.m. EST

[REGISTER](#)

APPLICATION DUE
January 10, 2023 at 2 p.m. PST

[APPLY HERE](#)

NASA MARS CLIMATE STUDIES / SUMMER 2023 INTERNSHIP

- Mathematics/ Physics/ Computer Science /
Robotics
- Depending on student studies and interests,
interns research topics consistent with NASA's
strategic objective in planetary science to
ascertain the content, origin, and evolution of the
solar system.

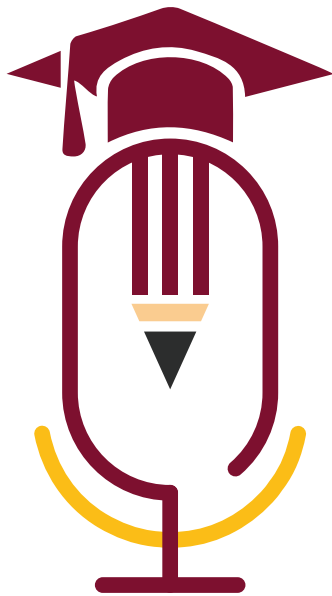
[APPLY HERE](#)

MOLECULAR BIOLOGY LABORATORY ASSISTANT INTERNSHIP | SUMMER 2023

Pursuit of a Bachelor of Science degree in molecu-
lar biology or related science preferred

- Assist in the processing of environmental samples
from receipt through testing
- Maintain/ensure laboratory SOPs
- Perform regular maintenance of laboratory
equipment and instruments
- Assist with preliminary data analysis as needed
under the guidance of the Laboratory Manager or
Laboratory Director
- Sample collection and handling on location, and
transport to testing labs

[APPLY HERE](#)



TORO TALKS

— PODCAST —

HELLO SCHOLARS!

Are you looking for a job?

Then look no further, the Toro Talks Podcast is currently looking for a Host!

The Toro Talks Podcast focuses on a series of resources and topics, allowing students to increase their awareness of how these services may enhance their success in college and after graduation. The podcast will feature special interviews with an expert in the field.

The host will assist in preparing for the podcast recordings, inviting guests to be a part of the podcast, and interviewing experts in the field while being video recorded.

POSITION DETAILS

Qualifications

- Enrollment status in at least 6 units per semester
- Must maintain a minimum grade point average (G.P.A) of 2.5 to qualify for or continue position
- Must be able to commit for the entire Spring 2023 semester
- Must be able to work a minimum of 12 hours, maximum of 20 hours per week

Hourly Pay | \$16

How to Apply

Fill out the Host Interest Form and upload your resume to the form.

[HOST INTEREST FORM](#)

Have any questions? Please contact Beatriz Perez via email at bperez63@csudh.edu.



EASY RELAXATION TECHNIQUES

During this time of the semester, you may feel tension rising, so it is highly important that you listen to your body and mind, and take a break when needed. Practicing these easy relaxation techniques will have you returning to your work refreshed and ready to take on anything to finish the semester strong.



BREATHE

You can practice sitting, standing or lying down: Place your hand on your abdomen and breathe in slowly and deeply so you feel your hand rise. Count to three slowly as you hold your breath in, then breathe out and pause again for a count of three. Repeat this several times.

SCAN

Sit down, close your eyes and internally scan your body for any signs of tension, from your toes to your head. Consciously release any tension you find — for example, let your arms hang loose, open your mouth slightly, shrug your shoulders and let them drop, uncross your legs and feel yourself sink into your chair.

VISUALIZE

Close your eyes, and picture yourself in a relaxing place. Engage all five senses in your mental picture. For example, if you're mentally at the seaside, feel the warm sun, hear the rushing waves, smell the salty air, sip lemonade and see the beauty of the ocean.



BOOST BRAIN HEALTH

Thinking about your mental fitness? Many everyday habits and conditions can impact our brain power — up or down. Memory lapses can occur at any age, and aging alone is generally not a cause of mental decline.

When significant memory loss occurs as we age, it is likely due to physical disorders, brain injury or neurological illness. Many studies indicate we can help protect our brain health and reduce dementia risk with basic good health habits. Do your best to:



Stay physically active. People who regularly exercise throughout life are less likely to experience a decline in mental function as they age and have a lower risk of developing dementia, including Alzheimer's disease.



Get adequate sleep. For body and brain health, we need seven to nine consecutive hours of sleep every 24 hours.



Manage stress and guard brain health and recall. Your brain is similar to a muscle; use it or lose it. Choose enjoyable mental activities that may boost brain power, such as doing crossword puzzles, reading for learning or taking classes.



Socialize. Regular interaction with family, friends, coworkers and others helps us manage stress or depression; both may contribute to memory loss.



Choose a Mediterranean-style diet. Studies suggest those who do, may be less likely to develop cognitive decline compared to people who follow a typical Western diet. Foods in the Mediterranean eating pattern include vegetables, fruit, whole grains, legumes, fish, olive oil, dairy, chicken, eggs and herbs, while reducing highly processed foods, sweets and red meat.



Habits to avoid: If you drink, limit alcohol use to no more than one drink a day for women or two drinks for men. Don't smoke. And avoid long periods of sitting. Get up and move frequently.

DECEMBER

Check Out These Merry Events Happening Around Us In December!

Happy Holidays! We hope you have a chance to enjoy a few of these events.

FREE AFTERSCHOOL PROGRAM

THURSDAY
DECEMBER 1, 2022
3 P.M. - 6 P.M.
COMPTON, CA

[VISIT WEBSITE](#)

FREE FRESH FRUIT & VEGETABLES

FRIDAY
DECEMBER 2, 2022
6 A.M. - 8 A.M.
COMPTON, CA

[VISIT WEBSITE](#)

WINTER WONDERLAND POP-UP

SATURDAY
DECEMBER 3, 2022
10 A.M. - 4 P.M.
EL MONTE, CA

[VISIT WEBSITE](#)

FREE WOMEN'S SELF DEFENSE WORKSHOP

SUNDAY
DECEMBER 4, 2022
3 P.M.
CULVER CITY, CA

[VISIT WEBSITE](#)

FREE NAHUATL CLASS

SUNDAY
DECEMBER 4, 2022
12 P.M. - 4 P.M.
LOS ANGELES, CA

[VISIT WEBSITE](#)

HOLIDAY CONCERT ON THE PIER

SATURDAY
DECEMBER 10, 2022
2 P.M. - 4 P.M.
REDONDO BEACH, CA

[VISIT WEBSITE](#)

WINTER WONDERLAND TOY DRIVE

SATURDAY
DECEMBER 10, 2022
8 A.M. - 1 P.M.
HUNTINGTON PARK, CA

[VISIT WEBSITE](#)

FREE OUTDOOR YOGA

SATURDAY
DECEMBER 10, 2022
10 A.M. - 11 A.M.
REDONDO BEACH, CA

[VISIT WEBSITE](#)

FREE CHILDREN'S WORKSHOP: COLORFUL HANDS

SUNDAY
DECEMBER 11, 2022
1 P.M. - 3 P.M.
LONG BEACH, CA

[VISIT WEBSITE](#)

FREE INTRO TO VISUAL DESIGN

MONDAY
DECEMBER 12, 2022
1 P.M. - 3 P.M.
ONLINE

[VISIT WEBSITE](#)

HEART OF CHRISTMAS CELEBRATION

SATURDAY
DECEMBER 17, 2022
11 A.M. - 2 P.M.
LOS ANGELES, CA

[VISIT WEBSITE](#)

FREE FOOD GIVE AWAY

SATURDAY
DECEMBER 17, 2022
9 A.M. - 12 P.M.
LONG BEACH, CA

[VISIT WEBSITE](#)

HOLIDAY TOY GIVEAWAY

SATURDAY
DECEMBER 17, 2022
8 A.M. - 11 A.M.
LONG BEACH, CA

[VISIT WEBSITE](#)

CHRISTMAS POW WOW

SATURDAY
DECEMBER 17, 2022
2 P.M.
ANAHEIM, CA

[VISIT WEBSITE](#)

FREE DAY AT WALT DISNEY'S BARN

SUNDAY
DECEMBER 18, 2022
11 A.M. - 3 P.M.

[VISIT WEBSITE](#)

CHRISTMAS BLESSINGS GIVEAWAY

WEDNESDAY
DECEMBER 21, 2022
4:30 P.M.
LANCASTER, CA

[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



KARINA PANTALEON
GPS Non-Academic Coordinator
Pronouns: she/ her/ hers
Email: kpantaleon@csudh.edu

[SCHEDULE AN APPOINTMENT](#)



NOEMI RODRIGUEZ, M.A.
STEM Undergraduate Program Manager
Pronouns: she/ her/ hers
Email: norodriguez@csudh.edu

[SCHEDULE AN APPOINTMENT](#)



MARIA DIEN, M.A.
GPS Career & Engagement Coordinator
Pronouns: she/ her/ hers
Email: mdien@csudh.edu

[SCHEDULE AN APPOINTMENT](#)

MATH AND SCIENCE TEACHER INITIATIVE | MSTI



CYNTHIA ACOSTA
MSTI Coordinator
Pronouns: she/ her/ hers
Email: caacosta35@csudh.edu

[SCHEDULE AN APPOINTMENT](#)

STEM SCHOLARS



NOEMI RODRIGUEZ, M.A.
STEM Undergraduate Program Manager
Pronouns: she/ her/ hers
Email: norodriguez@csudh.edu

[SCHEDULE AN APPOINTMENT](#)

TRANSFER TO SUCCESS | TTS



BEATRIZ PEREZ, M.S.
Undergraduate Advisor of College
of Natural & Behavior Science
Pronouns: she/ her/ hers
Email: bperez63@csudh.edu

[APPOINTMENT TUTORIAL](#)



MARISOL DURAN, M.S.
Undergraduate Advisor of College
of Business Administration & Public
Policy; College of Education
Pronouns: she/ her/ hers
Email: mduran40@csudh.edu

[APPOINTMENT TUTORIAL](#)



SANDRA RAMOS, M.S.
Transfer Programs,
Program Manager
Pronouns: she/ her/ hers
Email: sramos@csudh.edu

[APPOINTMENT TUTORIAL](#)

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](#)

