

CISE UNDERGRADUATE NEWSLETTER

MARCH 2023

NO. 47

BLOOMING SEASON



YOUR MIND IS A GARDEN.
YOUR THOUGHTS ARE
THE SEEDS. YOU CAN
GROW FLOWERS, OR
YOU CAN GROW WEEDS.

UPCOMING EVENTS

COVER LETTER WORKSHOP

Thursday, March 2nd, 2023 | 1:00 P.M.- 3:00 P.M.
Location: 4th Floor Library | CISE Collaboration Workspace

ATTN. GPS SCHOLARS ONLY: Our next Professional Series Workshop is coming up tomorrow! We'll create our own customized template that fits your industry and career pursuits. We'll also answer questions such as: When should one submit a cover letter? How long should it be if we send it as an email? What do we include in a good cover letter? Don't miss out!

[RSVP HERE](#)

VIRGIN ORBIT'S FACTORY & LAUNCHPAD FIELD TRIP

Friday, March 3rd, 2023 | 12:00 P.M. - 3:00 P.M.
Location: Meet in Parking Lot 6, CSUDH

ATTN. TO ALL WHO RSVP'd: See you Friday at the meetup location, please be on time. We will tour the facility and launchpad of this high tech center, to learn about one of the latest trends in space travel: Personal Satellites. Hope you are all as excited as we are!!

PI DAY

Tuesday, March 14, 2023 | 1:00 p.m. - 2:00 p.m.
Location: CSUDH, Loker Student Union (LSU) Room 326

ATTN. ALL SCHOLARS: Come one, come all! Join us as we celebrate Pi Day with a pizza Pi party and fun games.

[RSVP HERE](#)

GROUNDLINGS COMEDY TROUPE WORKSHOP

Friday March 17, 2023 | 1:00 P.M. - 3:00 P.M.

ATTN. GPS SCHOLARS ONLY (LIMITED SPACES): Don't miss out on this fun and innovative opportunity to enhance your communication skills. This workshop will help you get to your 'A' game, so that you can perform amazingly in those future interviews.

[RSVP HERE](#)

SEMINAR #5

Tuesday, March 21, 2023, 1:00 p.m. - 2:30 p.m.
Location: VIA ZOOM

ATTN. ALL SCHOLARS: Join us as we continue our Spring series of online workshops with our Seminar #5! Through our seminar you will get the opportunity to gain knowledge on various topics, from academics to personal growth to professional development to much much more. You do not want to miss out!

[RSVP HERE](#)

[ZOOM LINK](#)

INTERVIEW METHODS & MOCK INTERVIEWS

Thursday, March 23, 2023, 1:00 P.M. - 3:00 P.M.
Location: 4th Floor Library | CISE Collaboration Workspace

ATTN. GPS SCHOLARS ONLY: Come practice your interviewing skills to make sure that you excel in your next interviews. Be ready to learn some tips and ideas on what you can say in your next interview, that will blow the interviewers away.

[RSVP HERE](#)

GPS OVERNIGHT FIELDTRIP

Monday, March 27- Tuesday, March 28

ATTN. GPS SCHOLARS ONLY (3 SPACES LEFT): Are you wondering what you can do during your Spring Break? Well don't miss out on our overnight field trip at the Desert Studies Center located within the Mojave National Preserve. 3 SPACES LEFT, RSVP by MONDAY, MARCH 6th!

[RSVP HERE](#)



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!



ACADEMIC CORNER



CSUDH ACADEMIC DEADLINES YOU SHOULD KNOW ABOUT

Monday, March 13 - Friday, July 7
Summer 2023 Registration
Fees due at time of registration

Monday, March 20
Last day for Pro-rata Refund
of Non-resident Tuition and
Tuition Fees

Sunday, March 26 - Saturday, April 1
Spring Break
(Includes César Chávez Holiday)

Friday, March 31
César Chávez Day Holiday
(No classes, Campus closed)

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

ACADEMIC CALENDAR

HAPPY BIRTHDAY!

We want to wish a very special birthday to our February birthday scholars!
May your days be filled with laughter, love, and yummy cake!

GPS Scholars

Adrian C.
March 02

Yuliana A. J.
March 11

Reyna F.
March 24

Ariana M.
March 03

Joseph G.
March 11

Brittany H.
March 24

Emily DC.
March 04

Jessica B.
March 12

Miguel V.
March 27

Brandy R.
March 08

Mateo M.
March 13

Yajhaira V.A.
March 28

Mark C.
March 08

Dayanne C. D.
March 16

Alexis A.
March 31

Michael M. B.
March 08

Angie L.
March 22

Diego R.
March 09

Ysabella F.
March 23

Andrew S.
March 09

Alexandra G.
March 23

STEM Scholars

Javier R.
March 02



SCHOLARS OF THE MONTH



ARMANDO DELGADO

Computer Science | Senior

Favorite Movie: The Ugly Truth

Favorite Food: Ceviche

Least Favorite Food: Don't have one.

Place you'd most like to travel to: Japan

Describe yourself in three words: Determined, Respectful, Helpful

[READ MORE](#)



JASMINE GOMEZ

Math Education | Junior

Favorite Movie: Ratatouille

Favorite Food: Pasta (specifically: Chicken alfredo)

Least Favorite Food: Onions

Place you'd most like to travel to: I'd most like to travel to Alaska to experience the northern lights.

Describe yourself in three words: Patient, Studious, Caring

[READ MORE](#)



JERRY SALINAS

Molecular & Cellular Biology | Freshman

Favorite Movie: Insidious

Favorite Food: Gorditas

Least Favorite Food: Cheesecake

Place you'd most like to travel to: Greece

Describe yourself in three words: Ambitious, Observant, Reserved

[READ MORE](#)



VICTOR GONZALEZ BUSTILLO

Computer Science | Freshman

Favorite Movie: Captain America: Civil War

Favorite Food: My morning Coffee

Least Favorite Food: Most types of soups

Place you'd most like to travel to: New York

Describe yourself in three words: Persistence, Honest, Hardworking

[READ MORE](#)

TEACHER CORNER



Professional Development

Check out the following workshops we will provide this semester

CREDENTIAL PROGRAM 101	INTERVIEW PREP	TEACHER PANEL
2/27/23	3/20/23	4/28/23
8:30 - 9:30 am	9:00 - 10:00 am	2:00 - 3:00 pm

Light food will be provided for all three workshops!

[RSVP FOR INTERVIEW PREP](#)

[RSVP FOR TEACHER PANEL](#)

Graduating Seniors

Congratulations on your amazing accomplishment. The MSTI program is so proud of you! We would like to gift you with a MSTI stole to wear at commencement. Fill out this google form to request your stole.

If you plan to start your credential program next semester, contact me right away! I want to make sure you meet any deadlines and are prepared for your interviews. In addition, you may qualify for a \$1,000 stipend.

Cynthia Acosta
MSTI Coordinator | Math Instructional Specialist

[REQUEST YOUR GRADUATION STOLE](#)



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

Tuesday | March 14 | 1:00-3:00 p.m.
Open to the Public
Compton College - Parking Lot F
Enter on Greenleaf Blvd.

[MORE INFORMATION](#)



INTERVIEW HACKS



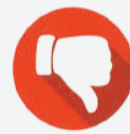
How do you answer this question: What is your WEAKNESS?

Hint: This question is not about WHAT your weakness is. It's about HOW you're correcting it.

Are the following answers good or bad in your opinion?

1. I'm a perfectionist
2. I have a learning disability
3. Peanut M&M's are my weakness

If you answered that these answers are "not" good, you're correct!



#1 Is used too often and sounds inauthentic (unless it's really TRUE)

#2 May create an impression that you can't learn what's necessary to do the job.

#3 May appear that you're not serious about the job.

How to answer correctly

1. Choose a weakness that is NOT essential to the particular job.

Examples include:

- Asking for Help
- Drawing my professional boundaries
- Being direct and sometimes too blunt
- Thinking creatively (if it's a logic-oriented job)
- Difficulty in Delegating tasks to others
- Becoming Distracted
- Getting Lost in the Details
- Mathematics - not being strong in math
- Multi-Tasking - I like to remain focused and pay attention to detail
- Organization
- Overly Analytical
- Impatient
- People Pleasing – need to be more assertive
- Perfectionism (IF you are TRULY a perfectionist)
- Providing Feedback – it's tough for me
- Public Speaking in front of large crowds
- Self-Critical at times
- Being timid/shy
- Maintaining Work-Life Balance
- Writing emails to high-level business people



2. Give an example of HOW this weakness affects you professionally. (Hint: You can also list it as a PAST weakness that you've corrected).

3. Show how you're correcting it, or how you've ALREADY corrected it.

Sample Answer

In my current job, I write emails to employees at all levels within the organization, from staff members to vice presidents. Initially, I was intimidated when I wrote to senior management. But after working on my vocabulary, examining templates, and using a good online thesaurus, my emails improved over time. Now I'm fully comfortable when communicating with all levels of management.

CAREERS

DO YOU ENJOY TECHNOLOGY & BUSINESS?

PROCLIVITI I.T. Consulting | \$32/hour | JR-248163 | Los Angeles

In this internship, you will work across a variety of industries and engage with clients in business operations, consulting, data, relationship building, technology, and innovation.

QUALIFICATIONS

U.S. Citizen, able to TRAVEL, must be within ONE year of graduation at time of internship.

[APPLY HERE](#)

AMAZING NATURAL HISTORY MUSEUM L.A. RESEARCH OPPORTUNITY! UNLAB = Understanding Nature and Los Angeles Biodiversity

Deadline to Apply: Friday, March 3, 2023

REQUIREMENTS

1. You must have your B.A. or B.S. degree by June 20, 2023 to participate in the UNLAB program.
2. U.S. Citizen

DESCRIPTION

The Natural History Museum of Los Angeles County is launching an NSF-funded post-baccalaureate research and training program this year. UNLAB is a 1-year program to participate in research projects on Los Angeles biodiversity. Participants are paid and receive benefits. The program is intended for individuals who did not get substantial research experience during their undergraduate program.

[APPLY HERE](#)

[MORE INFORMATION](#)

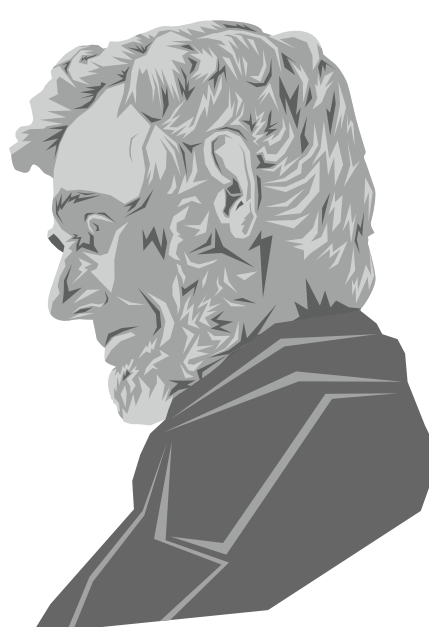
Wellness

University Student Mental Health Conference



ABRAHAM LINCOLN SAID

GIVE ME SIX HOURS TO CHOP
DOWN A TREE AND I WILL SPEND
THE FIRST FOUR SHARPENING
THE AXE.



Your axe is your body, mind, and soul. Run. Exercise. Study. Meditate. Self-care. Educate yourself. Become aware.

With that said, the Department of Modern Languages invites students, staff, and faculty to a timely conference in efforts to continue to address issues regarding depression, anxiety, "imposter syndrome", low-morale, and much more. It is particularly relevant for first- and second-year students, the cohort with the largest drop out percentage.

Date: Friday, April 7, 2023

Location: Loker Student Union

Time: 9 a.m. - 2 p.m.

Light lunch and refreshments will be provided.

[RSVP HERE](#)

MENTAL HEALTH for all

Saturday • April 29 • 10am - 2pm

The National Alliance on Mental Health (NAMI) on campus is looking to create a CSUDH team to participate in the upcoming 3k walk in Los Angeles, which will be held on Saturday, Apr 29, 2023 from 10 am - 2 pm. The event includes mini lectures on mental health, meditation, food trucks, fun activities for the kids, and much more.

If anyone is interested or has any questions, please contact the CSUDH NAMI advisor Josephine Lara (jlara@csudh.edu).

LET'S GET LOUD!
at
**Los Angeles State
Historic Park**

Register Now
Register Here



How to Hack Happiness Hormones

Dopamine

1. Eat healthy foods
2. Show kindness
3. Complete a task

Oxytocin

1. Play with your pet
2. Hug someone
3. Give someone a compliment
4. Hold hands
5. Show kindness
6. Get a massage

Serotonin

1. Take a walk outdoors
2. Exercise
3. Spend time in the sun

Endorphins

1. Joke around with friends
2. Watch comedy

MARCH

Check Out These FREE Events Happening Around Us In March!

**WOMEN OF THE WEST
FEMALE FRONTED
CONCERT
OF AMERICANA MUSIC**

**SATURDAY
MARCH 4, 2023
3 P.M. - 5 P.M.**

[VISIT WEBSITE](#)

**NIGHT MARKET
POWERED BY BLACK
WOMEN VENDORS**

**EVERY WEDNESDAY
MARCH 1, 2023
7 P.M. - 10 P.M.
LEIMERT PARK**

[VISIT WEBSITE](#)

**FREE PRODUCE
PICK-UP!**

**THURSDAY
MARCH 2, 2023
9:30 A.M. - 11:30 A.M.**

[VISIT WEBSITE](#)

**OUTDOOR ZUMBA
PARTY**

**EVERY SATURDAY
MARCH 4, 2023
9 A.M. - 10 A.M.**

[VISIT WEBSITE](#)

**UNITY FEST 2023
BLACK HISTORY &
CULTURE EVENT**

**SATURDAY
MARCH 4, 2023
10 A.M. - 2 P.M.**

[VISIT WEBSITE](#)

**OCEAN VIEW TAI CHI
FOR BEGINNERS**

**EVERY SATURDAY
MARCH 4, 2023
10:45 A.M. - 11:45 A.M.**

[VISIT WEBSITE](#)

**TOYTOGRAPHY
EXHIBITION**

**EVERY SATURDAY &
SUNDAY
MARCH 4 & 5, 2023
5 P.M. - 8 P.M.**

[VISIT WEBSITE](#)

**IN HER ELEMENT:
A CELEBRATION
OF WOMEN**

**SATURDAY
MARCH 4, 2023
6 P.M. - 9 P.M.**

[VISIT WEBSITE](#)

**BOLLYX
THE BOLLYWOOD
WORKOUT**

**EVERY SATURDAY
MARCH 4, 2023
9:30 A.M. - 10:30 A.M.**

[VISIT WEBSITE](#)

**UNIVISION 5K WALK
+ HEALTH FAIR ELAC**

**SATURDAY
MARCH 11, 2023
8 A.M. - 1 P.M.**

[VISIT WEBSITE](#)

**SUNSET SATURDAYS
LOS ALAMITOS
ST. PATRICK'S
FUN FEST**

**SATURDAY
MARCH 11, 2023
4 P.M. - 8 P.M.**

[VISIT WEBSITE](#)

**49TH ANNUAL
REDONDO BEACH
PIER KITE FESTIVAL**

**SUNDAY
MARCH 12, 2023
12 P.M. - 5 P.M.**

[VISIT WEBSITE](#)

**SPRING ARTISAN
MARKET**

**SATURDAY
MARCH 18, 2023
11 A.M. - 4 P.M.**

[VISIT WEBSITE](#)

**VENICE LOVE
FEST 2023**

**SATURDAY
MARCH 18, 2023
11 A.M. - 7 P.M.**

[VISIT WEBSITE](#)

**30 MINUTE BEACH
CLEAN-UP**

**MONTHLY ON THE 3RD
SATURDAY
MARCH 18, 2023
9:30 A.M. - 10:30 A.M.**

[VISIT WEBSITE](#)

**HORRORVILLE
FEATURING ALEX
VINCENT
INSIDE HALLOWEEN
DEPOT**

**SATURDAY & SUNDAY
MARCH 18 & 19, 2023
12 P.M. - 6 P.M.**

[VISIT WEBSITE](#)

**LOS ANGELES JOB
FAIR CAREER FAIR**

**THURSDAY
MARCH 23, 2023
11:30 A.M. - 1:30 P.M.**

[VISIT WEBSITE](#)

**2023 WOMEN'S
CONFERENCE**

**SATURDAY
MARCH 25, 2023
10 A.M. - 2:30 P.M.**

[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](#)

MATH AND SCIENCE TEACHER INITIATIVE | MSTI



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[SCHEDULE AN APPOINTMENT](#)

STEM SCHOLARS



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[SCHEDULE AN APPOINTMENT](#)

TRANSFER TO SUCCESS | TTS



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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](#)

