NO. 29 | April 19, 2021

Feel like

The academic year doesn't match up with the calendar year, sometimes. People talk about the beginning of Spring and a new season, meanwhile, the rest of us are in the middle of our "Spring" (semester), doing our best to manage midterms, deadlines, and projects for our classes. It can be difficult to stay motivated!

One question I always ask students is: what keeps you going? They have a lot of different answers! Family (mostly). Students want to be a role model for their kids, younger siblings or cousins, or other family members. They want to show that it's possible to go to college and graduate, or they hope to put other family or friends on the same path. For some students, their motivation is to gain financial stability. They keep going, even during difficult times in

their academic journey, because they know that an education is their best chance to become financially independent and improve their lives. Often, students have a deep purpose that motivates them—they want to be a teacher, or a doctor, or an entrepreneur. It's all of the above, and probably more! We are motivated by our family and community, as well as our desire to

improve our lives and be more stable in a career, AND we have a larger purpose in mind that keeps us moving ahead.

So yes—it's Spring! Enjoy the great weather, the flowers, and the beginning of a new season. When those deadlines and exams start stressing you out, remember what keeps you going, and keep in mind you are moving forward during one of the most challenging times in history! You got this!

ANNOUNCEMENTS

We are truly amazed by how much you have persevered during the

Spring 2021 semester. Your ability to adapt and conquer distance learning shows how resilient you are. As this semester ends we would

FINALS WEEK SUPPORT | MAY 17 - 21, 2021

like to encourage and support you with a strong finish to the Spring '21 semester. We have a few events designed to help you ease your anxieties and provide you with space to fellowship and study. It is our hope that you have the support you need and deserve to pass all of your finals. SAVE-THE-DATE | END OF THE YEAR CELEBRATION | MAY 20, 2021

Scholars, the time has come! Please mark your calendars and save-thedate. Let's get together and celebrate YOU - whether you are

graduating this year or completing another academic year. We are so proud of you and want to celebrate you. More information on our End of the Year Celebration to follow via email as we approach the date.

Are you a college student interested in earning extra income? The

LOOKING FOR A JOB? | CISE IS HIRING!

Center for Innovation in STEM Education (CISE) is looking to hire 15 part-time/on-call individuals for its Tech-on-Reserve positions. We need individuals who are excited to learn how to use fabrication technology to engage parents, teachers, and students in STEM lessons/ activities. If this sounds like something you would like to learn more about, click here! HERE TO SUPPORT YOU! CSI3 ADVISOR ONE-ON-ONE MEETING

As the semester comes to an end you may be feeling a little

overwhelmed. Do not forget that your CSI³ Advisors are here to support you. We are here for YOU! TTS Scholars, scheduled an appointment with us through 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. SPRING 2021 DROP/WITHDRAWAL DEADLINE EXTENDED

CSUDH is extending its late withdrawal deadline to June 01, 2021. Depending on your circumstances, withdrawing from a class may have

a negative impact. Please consult with your advisors for additional information before choosing this as an option. Do not forget to review the **Drop/Withdrawal FAQ** for further details. FALL 2021 REGISTRATION | BEGINS MONDAY, APRIL 19, 2021

Due to uncertainty about COVID-19 restrictions in the fall, the majority of courses are scheduled as online (virtual). Should public health continue to improve in the next couple of months, more classes currently

listed as "alternative instruction" may switch back to in-person. Any revisions to the schedule will be completed by June 1 to give students enough time to plan accordingly. Associated Students Inc. and Academic Affairs have put together a video explaining how to read the fall schedule. IT CAN BE SIMPLE! Self-care can be simple! Check out this list of easy ideas.

Make a cup of coffee or tea

Make time to plan Listen to your favorite playlist

Light a candle

Read a book

Go for a walk

Graduate School Corner WHEN TACKLING HOW TO PAY FOR GRADUATE

SCHOOL, START WITH THESE SMART STRATEGIES

GET AN EMPLOYER TO PAY FOR GRADUATE SCHOOL

Many companies looking to boost their collective skill set without hiring will sponsor all or part of an

employee's graduate schooling through tuition reimbursement. SECURE A GRADUATE SCHOOL SCHOLARSHIP

Graduate programs typically award scholarships

and fellowships based on merit. These types of financial aid do not need to be repaid in most

cases.

WORK FOR THE GRADUATE SCHOOL Research and teaching assistantships generally cover at least part of tuition and pay a periodic stipend in exchange for research or classroom instruction. Like scholarships, assistantships are often

presented by individual departments.

BORROW SMART

part of the tab. To be eligible for federal student loans, the first step is to file the Free Application for Federal Student Aid, known as the FAFSA. These loans will be factored into a student's financial aid package, which may include other types of aid. There are a few different options for graduate students seeking federal loans.

Chances are students will need to borrow at least

Self-care CORNER **TYPES OF SELF-CARE!**

It's important to make sure we are taking time to focus on each area of self-care.

Social Physical Communicate Walk Support System

Exercise Sleep

Eat healthy

& treat

yourself

Kindness **SPRING SPECIFIC IDEAS!**

Create a

nourishing

morning,

routine

Emotional

Forgiveness

Compassion

Check out these ideas to enjoy the lovely

Spend time

in the

sunshine

Togetherness

Spring weather while taking care of yourself. Spring

clean your

home

Spiritual

Meditation

Journaling

Yoga



MONTH

CLICK HERE TO READ MORE ABOUT VANESSA A. HERNANDEZ

CLICK HERE TO READ MORE ABOUT <u>HASHAAM YOUNIS</u>

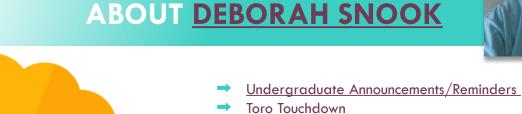




CLICK HERE TO READ MORE

CLICK HERE TO READ MORE ABOUT AMY GOMEZ

ABOUT KAREN C. GARCIA



CLICK HERE TO READ MORE

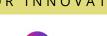


- Toros Together Shop Fab Lab! Food & Shelter Resources
- <u>Calfresh</u>
- iToros Mobile App
- **Mobility Challenge** Toro Turo

Fall 2021 Return To Campus Survey

- Remember we are here to support you. Don't forget to reach out if you need ANYTHING. <u>Click Here</u> to schedule an appointment.





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CSUDH