

CISE UNDERGRADUATE NEWSLETTER

OCTOBER 2022

NO. 42

ENJOY THE LITTLE THINGS



“ YOU'RE OFF TO GREAT PLACES!
TODAY IS YOUR DAY! YOUR MOUNTAIN
IS WAITING, SO... GET ON YOUR WAY!
”

UPCOMING EVENTS

FREE PROFESSIONAL HEADSHOTS

October 4, 6, 11, 13, 18, & 20 (Times Vary)
Location: Library 4th Floor | CISE Collaboration
It's time to take ACTION on taking a pro-quality picture for LinkedIn. We're here to help! Get started on your brand by stopping by for 5 minutes for your PROFESSIONAL QUALITY digital profile pic. No appointment necessary but please do give us a quick heads up that you'll be here.

[VIEW DROP IN DATES](#)

GPS LET'S TACO BOUT IT!

Tuesday, October 11, 2022 | 2:30 p.m. - 3:30 p.m. Location: Library 4th Floor | CISE Collaboration
ATTN GPS SCHOLARS ONLY: We want to know how your first weeks of school are going and how YOU are doing! Please join us for lunch, fun activities, a safe space where you can continue building your "home away from home" within the GPS family, and much more. You do not want to miss out!

[RSVP HERE](#)

CALFRESH 101

Thursday, October 13, 2022 | 2:30 p.m. -3:30 p.m.
Location: Library 4th Floor | CISE Collaboration
Come one, come all! If you have been wondering whether or not you qualify for CalFresh, wondering how to apply, or wondering who you can ask questions regarding this matter; well, this workshop is where you need to be! Join us as our very own CSUDH CalFresh Outreach Coordinator, Carolyn Tinoco, presents the ins and outs of this beneficial resource, you do not want to miss out!

[RSVP HERE](#)

INVITATION TO INNOVATION

Wednesday, October 19, 2022 | 1 p.m. -2:30 p.m.
Location: TBA
Are you a future R&D researcher, bio-tech innovator, or entrepreneurial scientist? This is a rare opportunity to learn from this much sought after scientist, speaker and strategic thinker. If you missed him on TEDx or at innovation incubators and think-tanks at UCI and Stanford, here's your chance to hear Stan Rowe speak *live*!

[RSVP HERE](#)

SEMINAR #2

Thursday, October 20, 2022 | 2:30 p.m. - 4 p.m.
Location: Via Zoom
Join us in our next series of online workshops during our Seminar #2! Through our seminars 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!

[ZOOM](#)

[RSVP HERE](#)

SPOOKY FUN

Monday, October 31, 2022 | 10 a.m.- 12 p.m. | 1 p.m. - 4 p.m.
Location: Loker Student Union, LSU | Room 326
Come one, come all! Join us as you will have the opportunity to have some fun and spend some quality time with staff and other scholars while engaging in some self-care activities: decorating a wood pumpkin and watching a scary movie. Students who come dressed in a halloween costume will be entered into a raffle to win a PRIZE! You do not want to miss out!

[RSVP HERE](#)



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!



NATIONAL HISPANIC HERITAGE MONTH

September 15 to October 15

National Hispanic American Heritage Month is celebrated from September 15th through October 15th, it is a national celebration to honor the significant influence that Central and South America, Mexico, Spain, and the Caribbean have had and continue to have on our nation.

Look at how some of our CISE Scholars are celebrating with us using the Hispanic Serving Institution Student Hashtag #HSIBelong, and explaining how they find their sense of belonging through diversity and inclusivity.



ALEX POZOS | MATHEMATICS EDUCATION MAJOR | GPS SCHOLAR

The thing that makes me feel connected to GPS and CSUDH are the staff and peers that I have met. I made one friend during Summer Bridge and we have been helping each other out on our homework assignments. Also, meeting all the CISE staff during Summer Bridge helped me feel more connected and comfortable to ask any of them for help at any time. I came to CSUDH with a feeling of being alone, GPS has helped me get out of my comfort zone.



KYARA WISE | MATHEMATICS EDUCATION MAJOR | GPS SCHOLAR

It is things like the New Student Convocation and Social Mixer that make me feel more welcomed at CSU Dominguez Hills. It gives me a sense of opening and allows me to think of the GPS Program and CSUDH as more of a family, which makes me feel like I belong.



AARON DEMESA | BIOLOGY MAJOR | GPS SCHOLAR

I have felt connected with GPS since before the Fall semester had even begun. I met the GPS team during an information session I attended over the summer, and they have been a substantial amount of support since then. Through that, I had already felt more connected and a part of CSUDH and GPS. Currently, I feel the most connected and belonging to the school because I have an amazing GPS team supporting both my academic and non-academic morals. GPS truly makes me feel connected, and involved with CSUDH.



SOFÍA PARSON | CHEMISTRY MAJOR | GPS SCHOLAR

The GPS Orientation really made me feel like I belonged because I had been really stressed out about where to find my schedule and everyone was extremely helpful. GPS has been an awesome help and really makes me feel like they care about me.



JERRY SALINAS | BIOLOGY MAJOR | GPS SCHOLAR

GPS gave me a sense of belonging by providing an environment to befriend other scholars who have the same aspiration to develop new friendships. And it allows me to discover my potential.



EMILY DEL CID | COMPUTER SCIENCE | GPS SCHOLAR

The GPS and EOP staff all have a welcoming personality and I feel like I can trust them with anything. As a first generation Hispanic college student in STEM, I feel like I will never walk off of campus with an unanswered question because I have people to reach out to easily without hesitation, so I will never feel lost.



ACADEMIC CORNER

ACADEMIC DEADLINES YOU SHOULD KNOW ABOUT

Spring 2023 Graduation Application Deadline (without late fee)

Saturday, October 1, 2022

[APPLY HERE](#)

Spring 2023 Registration Via MYCSUDH

Monday, October 24, 2022 - Sunday, January 22, 2023

[MYCSUDH](#)

Winter 2023 Registration Via MYCSUDH

Monday, October 31, 2022 - Tuesday, December 20, 2022

[MYCSUDH](#)

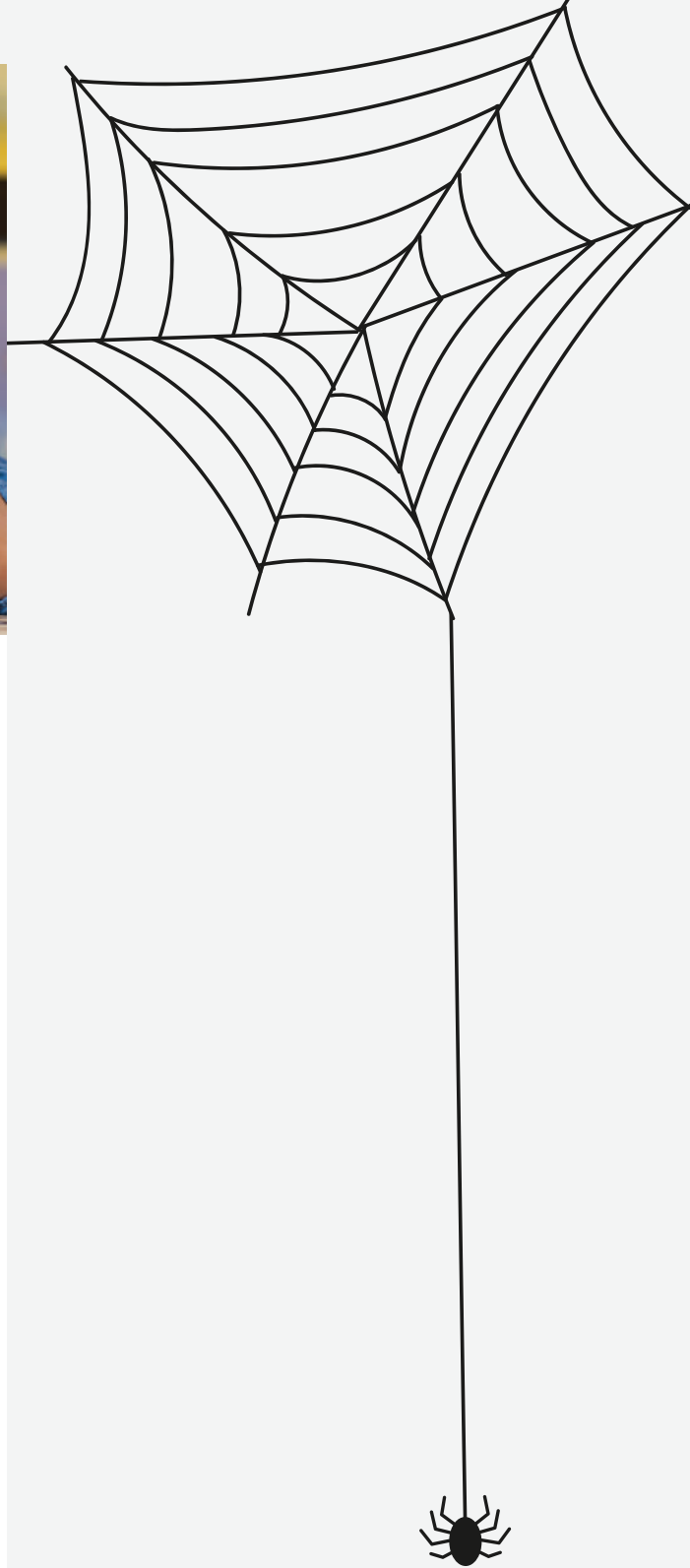
Please refer to the 2022-2023 Academic Calendar for more important dates and deadlines.

[ACADEMIC CALENDAR](#)

ARE YOU STRUGGLING WITH A CLASS? FREE TUTORING AVAILABLE!

Receive free tutoring services from the TORO LEARNING & TESTING CENTER!

[FALL 2022 TUTORING SCHEDULE](#)



SCHOLARS OF THE MONTH



ASHLEY N. ANDERSON

Child Development Major | Senior Year

[READ MORE](#)



BERNARD ASANTE AMOFA

Psychology Major | Junior Year

[READ MORE](#)



PABLO CONDE

Computer Science Major | Freshman Year

[READ MORE](#)



MARITZA TRUJILLO

Biology Major | Senior Year

[READ MORE](#)





CAREER & ENGAGEMENT CORNER

Need a job? Check out these opportunities below:

Invite to Innovation | October 19, 2022 | 1 p.m.

Are you a future R&D researcher, bio-tech innovator, or scientist-entrepreneur?

This is a rare opportunity to learn from this much sought after scientist, speaker and strategic thinker. If you missed him on TEDx or at innovation incubators and think-tanks at UCI and Stanford, here's your chance to hear Stan Rowe speak *live*!

[RSVP HERE](#)

FREE! Professional Quality LinkedIn photos!

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[VIEW DROP-IN DATES](#)

ARE YOU READY TO WORK IN THE STEM FIELD?

Check out these internships! Some hire year-round. Others are accepting applications for Summer 2023.

STEM Internship Program at AT&T

- Network Engineering & Operations
- Data Analytics
- Systems & DevOps Engineer
- Software Engineering
- Technical Business Management

Why do an internship here?

- Work on high-value projects
- Build your professional network
- Create solutions that shape the future of

[APPLY HERE](#)

Morpheus Space Internship

Do you want to change the future of the commercial space industry? Do you want to contribute to inventions in orbit AND be in an office with some of the most brilliant (and fun) minds in the world?

We have technical internship opportunities in areas such as artificial intelligence, orbital mechanics, astrodynamics, satellite operations and more!

[APPLY HERE](#)



TEACHER CORNER

MSTI Scholars, check out our 2022-2023 Handbook!

Here you will find important information regarding events, benefits, requirements, helpful links etc. If you haven't already, schedule a one-on-one meeting with me before October ends. [Click here to schedule.](#)

Best,

Cynthia Acosta, MSTI Coordinator

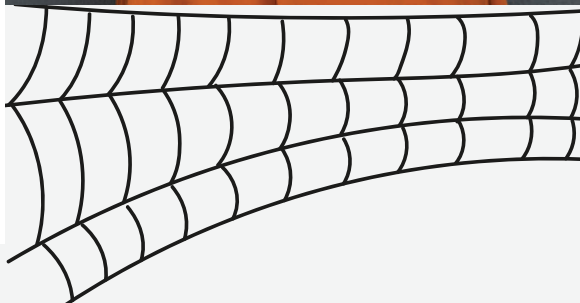
[2022-2023 MSTI HANDBOOK](#)

ATTENTION MSTI SCHOLARS

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 second training on October 8.

[RSVP HERE](#)



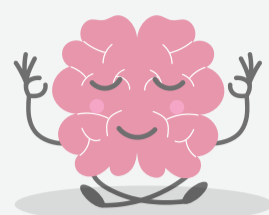


WELLNESS CORNER

5 POWERFUL BENEFITS OF NAPPING



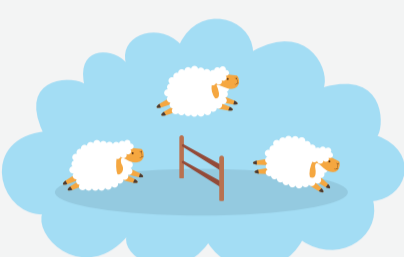
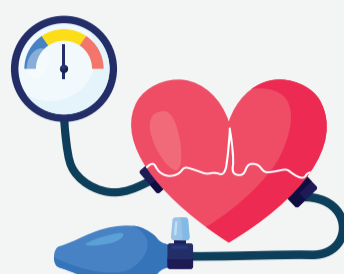
PROVIDES A MEMORY BOOST



A quick nap can recharge your brain's batteries and improve your memory's recall and information retention by 500%. You can think of the burst of energy in the "sleep spindles" like the flashes from a camera's flash bulb—they sharply illuminate the information you've just learned and imprint it on the film of your mind.

LOWERS BLOOD PRESSURE

Sleeping 45 minutes to one hour during the day can lower blood pressure, reduce the chance of a stroke or heart attack, and decrease the number of drugs people have to take to control hypertension. And the longer you snooze, the better the effects.

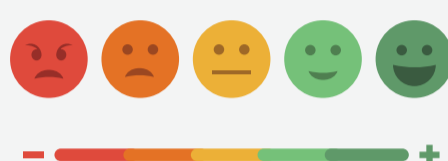


REPAIRS INSOMNIA

We've all had restless nights, but not many people know that losing sleep can actually cause damage, which is a big part of why you feel so crappy the day after not getting much sleep. However, even a short nap (15 minutes) can help you feel more alert and less sleepy, even if you didn't catch much sleep the previous night.

IMPROVES YOUR MOOD

When we don't get enough sleep, we can become anxious, irritable, depressed, overwhelmed, and easily distracted. Napping "bathes" your brain in serotonin, reversing those effects and enhance your sense of well being, giving you more capacity to interact graciously with others.



ENHANCES CREATIVITY

The mind loves a nap. Napping can improve your sensory perception as effectively as a night of sleep. Napping also improves your creativity by allowing the brain's right hemisphere to engage in certain key "house-cleaning" tasks, such as memory consolidation.

Naps are proven to offer physical and mental health benefits. Current CSUDH enrolled students can recharge with a 20-minute nap in one of our five state-of-the-art energy (nap) pods. All nap pods are ADA accessible.

How to Book A Session

- Stop by the Loker Student Union (LSU) information desk (next to the coffee shop) or call 310 243-3559.
- First time users will need to complete an application and sign the [Nap Room Terms of Use](#).
- You may book a nap session up to 24 hours in advance.
- Sessions are available on a first-come, first serve basis; Consecutive bookings are not permitted.

YOU ARE NOT ALONE, SPEAK TO A CSUDH PSYCHOLOGIST TODAY OR ATTEND ONE OF THEIR MANY BENEFICIAL WORKSHOPS.

Student Psychological Services Offers the following services

- Individual Counseling
- Psychiatric Services
- Support Groups
- Therapeutic Workshops
- Live Streaming
- Digital Resources
- Trainings

[LEARN MORE](#)

NEED FOOD? Locate your local food pantry using the [Los Angeles Regional Food Bank, pantry locator](#).

ON CAMPUS

The Queer Culture & Resource Center/ Latinx Cultural Resource Center	Monday - Thursday 8 A.M.-6 P.M.	Loker Student Union 110 A
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NEAR CAMPUS

Rehoboth Courage Church	(310) 663-0789	Saturday 10 A.M.-2 P.M.	568 W. Compton Blvd. Compton, CA, 90220
Gardena Valley Assembly of God	(310) 329-6933	Sunday 12:30 p.m.-1:30 p.m.	1473 W. 182nd St. Gardena, CA, 90248
Kingdom Life Christian Fellowship	(323) 234- 3436	Friday 6 A.M.- 8 A.M.	1919 East Compton Blvd. Compton, CA 90221

Do you or someone in your immediate family need any of the following LEGAL SERVICES?

- Legal Screenings
- DACA Applications and Renewals Applications
- Citizenship Applications
- Family Petitions
- Adjustment of Status
- U-Visa Applications
- Special Juvenile Immigrant Status
- Violence Against Women Act Applications
- Any immigration-related matter

The Toro Dreamers Success Center (TDSC) works in collaboration with the Central American Resource Center (CARECEN) to provide free legal services to those who qualify. The CARECEN CSU Legal Project is available Mondays and Wednesdays from 10:00am – 5:00pm. All appointments are via Zoom.

[TORO DREAMERS SUCCESS CENTER](#)

[CARECEN](#)

OCTOBER

Check Out These Spooktacular Events!



Spooky fun is just around the corner! One of everyone's favorite seasons has begun and along with it some incredibly fun events ranging from all different levels of scares! Take a break from studying and school work to check out some of the events we have gathered for you! Have a safe and spooky October!

CEMETERY LANE TRICK-R-TREAT EXPERIENCE

LAST DAY TO ENJOY
SUNDAY
OCTOBER 30, 2022

[VISIT WEBSITE](#)

CINESPIA CEMETERY SCREENINGS

LAST DAY TO ENJOY
SATURDAY
OCTOBER 29, 2022

[VISIT WEBSITE](#)

DELUSION VALLEY OF HOLLOWS

LAST DAY TO ENJOY
SUNDAY
NOVEMBER 20, 2022

[VISIT WEBSITE](#)

HALLOWEEN HORROR NIGHTS

LAST DAY TO ENJOY
MONDAY
OCTOBER 31, 2022

[VISIT WEBSITE](#)

HAUNT'OWEEN LA

LAST DAY TO ENJOY
MONDAY
OCTOBER 31, 2022

[VISIT WEBSITE](#)

HISTORICAL SOCIETY OF LONG BEACH'S ANNUAL CEMETERY TOUR

ONLY ON SATURDAY
OCTOBER 29, 2022

[VISIT WEBSITE](#)

KNOTT'S SCARY FARM

LAST DAY TO ENJOY
MONDAY
OCTOBER 31, 2022

[VISIT WEBSITE](#)

LOS ANGELES HAUNTED HAYRIDE

LAST DAY TO ENJOY
MONDAY
OCTOBER 31, 2022

[VISIT WEBSITE](#)

NIGHTS OF THE JACK

LAST DAY TO ENJOY
MONDAY
OCTOBER 31, 2022

[VISIT WEBSITE](#)

ROOFTOP CINEMA CLUB

LAST DAY TO ENJOY
MONDAY
OCTOBER 31, 2022

[VISIT WEBSITE](#)

SHAQTOBERFEST

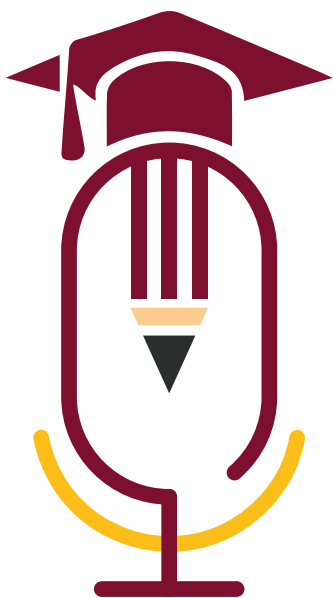
LAST DAY TO ENJOY
MONDAY
OCTOBER 31, 2022

[VISIT WEBSITE](#)

SPIDER PAVILION

LAST DAY TO ENJOY
SUNDAY
NOVEMBER 27, 2022

[VISIT WEBSITE](#)



TORO TALKS

— PODCAST —

Make Sure You Check Out
THE TORO TALKS PODCAST!
First Episode Dropping Soon on Youtube!

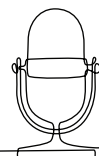
[VISIT PODCAST](#)

WHAT IS TORO TALKS PODCAST?

The Toro Talks Podcast is a video podcast series that focuses on an array of resources and topics, allowing students to increase their awareness of how these services may enhance their college and graduation success.



MEET THE HOST?



My name is Kayla Carney, a CSUDH transfer student, and the host of the "Toro Talks Podcast" presented by the CSUDH Center for Innovation in STEM Education (CISE). I will be keeping you informed about CSUDH department services, interviewing CSUDH guests, and giving you engaging commentary.

WANT TO CONNECT WITH THE TORO TALKS PODCAST?

Follow Us on CSUDH CISE Department Social Media Platforms
Subscribe to Toro Talks Podcast Youtube Channel

ASK QUESTIONS

Provide us with your questions. We will answer them during our next podcast recording. We will also include your question and answers in our monthly newsletter.

[TORO TALKS PODCAST QUESTION FORM](#)

Subscribe and Share Toro Talks Youtube Channel

[TORO TALKS YOUTUBE CHANNEL](#)

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](#)



MARIA DIEN, M.A.
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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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[SCHEDULE AN APPOINTMENT](#)



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[SCHEDULE AN APPOINTMENT](#)

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](#)