



“ ENJOY THE SUN THAT IS NOW OUT AND CHERISH IT SO THAT IT CAN MOVE ETERNALLY INTO YOUR HEART. ”

UPCOMING EVENTS

ALTASEA SCIENCE RESEARCH INSTITUTE FIELD TRIP

Thursday, June 29, 2023 | 9 a.m. - 2 p.m.

ATTN GPS SCHOLARS: Join us this summer as we visit the AltaSea Science Research Institute in San Pedro, CA. You will have an opportunity to network with scientists from USC Kelp Lab, Underwater Robotics on the Ocean Research Barge, UCLA Carbon Capture Lab, AltaSea Conservancy, Holdfast Aquaculture, R-CAM Technologies Marine-powered Energy, and the Science Research Library.

Transportation is provided. Space is limited.

[RSVP HERE](#)



CISE NEWS

Thank you to everyone who made STEAMiA 2023 a great success. “Team work makes the dream work”, and this event definitely felt like a dream for everyone who participated. Check out some of our pictures from this event:



Help us in sending our beloved TTS Advisor, Beatriz Perez, positive vibes as she leaves us this summer to welcome her sweet baby boy! We will miss you Beatriz! If you wish to send Beatriz blessings during this time email her at bperez63@csudh.edu.

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:

May 30-July 7
Summer Session I

June 1-7
Late Registration and Add/Drop
Session I - fees due at time of registration

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

[ACADEMIC CALENDAR](#)



Happy birthday to our Scholars who were born in June, may your special day be full of love, laughter, and yummy cake.

GPS SCHOLARS

Anthony M. R.
June 02

Joselyn G. S.
June 09

Rosendo A.
June 04

Angel R. R.
June 10

Nathan K.
June 04

Kevin F.
June 11

Yiromy D. O.
June 05

Santa M.
June 17

Angel A. C.
June 08

Rykiia M. G.
June 25

STEM Scholars

Kasey P.
June 10

Laura R.
June 26

WELLNESS

TOP 10 SUMMER HEALTH TIPS



DRINK WATER

Water helps prevent illness, keeps your bones and muscles healthy, helps maintain your weight and best of all, water fuels your activities throughout the day!



EAT FRESH

Reserve a place on your plate every meal for fresh produce and you're sure to reap the tasty rewards.



TRANSFORM ACTIVITIES INTO EXERCISE

Activities like going to the zoo or visiting a park can become exercise if you use the stairs, take the long route or add stretches and strengthening exercises along the way!



LIFESTYLE MODIFICATION

The summer is a great time to try a new exercise routine, kick-start a new healthy eating plan and quit smoking.



SEE YOUR DOCTOR

Schedule an appointment for a check-up to make sure pain or injury doesn't sideline you this summer.



STAY SHADY

Try to limit your time in the direct sunshine between 10am and 4pm, and always wear sunscreen, a hat and sunglasses.



PLAN A PERSONAL VACATION

A vacation to get away from it all is a must this summer. Take some 'you' time this summer to relax and rejuvenate.



DISCONNECT

Disconnect from the internet, put down those smart phones and see a world without selfies, hashtags and videos.



SLEEP WELL

Getting enough quality sleep at the right times can help protect your mental and physical health, safety and quality of life.



STAY COOL

When it's hot, do what you can to stay cool! Go swimming at your neighborhood pool and visit local air-conditioned attractions.



ADVANCED PAIN MANAGEMENT
we know your pain

APMhealth.com
888.901.PAIN (7246)

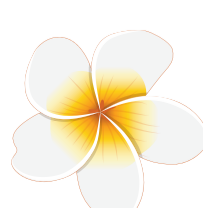
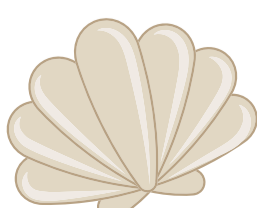


Summer Self-Care Challenge

Day 1 Make a list of goals for the month	Day 2 Sit outside and meditate	Day 3 Make lemonade or lemon water. Sip slowly + savor	Day 4 Go on a hike or nature walk	Day 5 Spend time in water or sprinklers!
Day 6 Water guns bubbles sidewalk chalk	Day 7 Have a picnic or take your lunch in the park	Day 8 Unplug from technology for the day	Day 9 Intentionally drink 8+ cups of water today	Day 10 Make a fruit salad
Day 11 Go out for ice cream	Day 12 Relax to the sounds of nature	Day 13 Body love! Wear what makes you feel pretty	Day 14 Listen to your favorite summer songs	Day 15 Ask yourself "What do I need today?"
Day 16 Wake up early and watch the sunrise	Day 17 Make your own popsicles	Day 18 Eat watermelon or your fav summer fruit	Day 19 Take a nap in the middle of the day	Day 20 Make plans to visit a Farmer's Market
Day 21 Roast marshmallows/ make smores	Day 22 Have a BBQ	Day 23 Stay inside + read your fav book	Day 24 Try squirt gun painting Get creative!	Day 25 Take tons of pictures today
Day 26 Outside Yoga practice or simple stretches	Day 27 What do you need to walk away from?	Day 28 Do a bit of re-organizing	Day 29 Write something beautiful	Day 30 Go stargazing (Delta Aquarid meteor shower)
Day 31 Revisit your goals from Day 1	Use the hashtag #summer self care For more self-care challenges visit BlessingManifesting.com			

5 TIPS FOR SUMMERTIME MENTAL HEALTH

1. Don't compare your summer to others
2. Do the things you love, not the things you think you "should" love
3. Wear what feels most comfortable
4. Realize it's okay to be happy and it's okay to be sad
5. Remember: Summer is just a season!





SPECIAL RECOGNITION

We want to recognize and congratulate our GPS Scholars who earned above a 3.0 GPA this spring 2023 OR in their first year at CSU Dominguez Hills. This is a huge accomplishment and we are beyond proud!

Keep eye on the mail for a little surprise from GPS!

Aaliyah Ansari | Biology: Cellular and Molecular
Aaron Demesa | Biology: Cellular and Molecular
Adrian Calero | Biology
Alden G. Duarte-Vasquez | Computer Science
Alejandro G. Morales | Computer Science
Alexandra Dones | Computer Tech: Homeland Security
Angie Luna | Mathematics: Education
Anthony Chavez | Computer Science
Bernice Kwakyewaa Asiedu | Biology: Cellular and Molecular
Brittany Herrera | Chemistry
Bryan Diaz | Computer Science
Carolina Garnica | Biology: Cellular and Molecular
Chelsea N. Delgado | Biology: Cellular and Molecular
Christian Salazar | Computer Science
Dylan Regis | Computer Science
Eduardo Yopez | Computer Science
Emily Del Cid | Computer Science
Eric Magallanes | Biology
Giovanni Cabrera | Computer Science
Irene Vazquez | Mathematics Education
Jacqueline Alvarado | Biology: Cellular and Molecular
Jeremy Cabrera | Computer Science
Jerry Salinas | Biology: Cellular and Molecular
Joan Sanchez | Computer Science
Joel Castro | Computer Science
Joseph Vargas | Phy: Electrical Engineering
Karen M. Saucedo | Computer Science
Katie Zelaya | Microbiology
Kyara D. Wise | Mathematics Education
Leila Jovel | Biology: Cellular and Molecular
Leslie Chavarria | Biology: Cellular and Molecular
Lisandro Herrera Galvez | Biochemistry
Maynor Mendieta | Computer Science
Melissa N. Torres | Computer Science
Michael J. Valderrama | Computer Science
Moises Lima Martinez | Computer Science
Nathan Kit | Biology
Pablo Conde | Computer Science
Paige Smith | Biology: Cellular and Molecular
Paul Ngwoke | Computer Science
Pedro Avalos | Biology
Ricardo D. Gaeta | Computer Science
Rykiia M. Grier | Biology
Sergio Perez | Computer Science
Simone Walker | Biology: Cellular and Molecular
Sofia Parson | Biology: Cellular and Molecular
Victor Gonzalez | Computer Science
Victor Marin | Computer Science



Attention GPS Biology Majors and folks who enjoy speaking with scientists! Get ready to network with some of the 40 scientists at the AltaSea Research Institute. These biotech companies and higher ed scientists are looking forward to meeting us!

[RSVP HERE](#)

JOIN US FOR A SCIENTIFIC EXPEDITION TO ALTASEA SCIENCE RESEARCH

AltaSea
AT THE FRONT OF LOS ANGELES

GPS
GUIDED PATHWAYS FOR STEM

**Thursday
June 29, 2023
9 a.m. - 2 p.m.
in San Pedro**

**SPACE IS LIMITED!
RSVP TODAY!**

[RSVP HERE](#)

Visit the AltaSea website for more information
<https://altasea.org/our-future-is-blue/>

If you have any questions, contact Maria Dien at mdien@csudh.edu | 310.243.2057

I N T E R V I E W M E T H O D

Are you great at interviewing? Or... could you benefit from a method to improve your interview performance?

Yes? Then read on to learn some wisdom from Austin Belcak, the founder of Cultivated Culture. Austin has a passion for helping folks land jobs they love without traditional experience, AND he's a STEM grad in biology.

I. Two big Mistakes in Interviews

1. Only speaking about their own backgrounds (without tying anything to the company)
2. Not including any measurable outcomes or value in their answers If you solve for these? You'll win more job offers.

II. The 4-Part Answer Framework

1. Call out the company's goals / challenges
2. Set the stakes for your example
3. Walk through your solution process
4. Share real, measurable outcomes

Let's break down each one.

III. Call out Goals

Every answer you give should start by:

1. Mentioning the research you did before the call
2. Calling out the company's big goals / challenges
3. Tying an example from your past to that specific goal or challenge.

EXAMPLE:

In preparation for this conversation, I listened to [CEO]'s interview on the NextLevel Podcast. I also spoke to 3 people on the team and analyzed 100+ customer reviews.

My understanding is that the team's largest challenge is [X]. With that in mind, i'd like to share an example from my time at [company] where I helped them overcome [x] challenge.

I. Set the Stakes (risk)

What did you stand to gain or lose? Would a major client cancel? Would a delay cost the company millions? Use real numbers and set real stakes (risk) to build tension.

EXAMPLE:

Two years ago, a client signed on to pilot a \$10M deal. We didn't find out that they were upgrading the websites for their entire brand portfolio until after the deal was done.

Their current platform didn't allow us to capture data that was crucial to our value prop (90% of what we sold them).

At our 3 month check-in the client told us we had to deliver useful data in the next month or they would take their business elsewhere and the \$10M deal would be done.

I. Share the Results

Finally, wrap up with the results you drove.

The BIGGER the BETTER. (Use real numbers / quantify results)

Don't stop at only one result if possible. Instead, try to tie as many positive outcomes to your work as possible.



COMPTON COLLEGE CORNER

Compton College/SEE-LA Weekly Farmers' Market
Wednesdays | 3:00-7:30 PM
Open to the Public
Compton College - Tartar Village

[MORE INFORMATION](#)

MOBILE Food Pantry
Tuesday, June 13 | 1 p.m. - 3 p.m.
Open to the Public
Parking Lot F- Enter on Greenleaf Blvd. between Santa Fe. Ave.
and Long Beach Blvd.

WHAT'S HAPPENING AROUND ME IN JUNE?

Summer is just around the corner and we know all of you worked extra hard this semester, therefore you all deserve a nice, fun, and relaxing summer break. Whether you are off or still have to work this summer we advise you take some days to yourself to recharge and recover. Therefore, like always we have listed some fun places to check out with loved ones this summer! We know accessibility to some of the fun events we have previously posted for you are not always accessible to everyone. Especially for the individuals that rely on public transportation. That is why for this month's segment we wanted to showcase places that are accessible both by car AND public transportation so that this summer everyone can have a day to themselves, so get your TAP card ready and check out these local places everyone can enjoy. Have a safe and amazing summer!

Do you rely on public transportation but are unaware of the benefits of a TAP card? Or know where to get your own? Email either Karina Pantaleon (kpantaleon@csudh.edu) or Daniela Rivera (driveramartinez@csi3.org) so that we can help you process and receive your own TAP bus pass.

If you have already taken advantage of your student TAP card you can be saving even more! Click [HERE](#) to sign up for the Low Income Fare is Easy (LIFE) program which based on your income for eligibility you can receive 90 extra free transportation days. There you can find the online application and more information you may need.

A TAP card is a perfect way to get around your city this summer if you rely on public transportation. The following cities offer free transportation via their transit systems:

Angels Flight Railway Baldwin Park - Transit Beach Cities Transit
Carson Circuit - Compton Renaissance Transit System - Culver CityBus
Foothill Transit - Gardena GTRANS - Huntington Park Transit Unlimited
Long Beach Transit - Metro Montebello Bus Lines - Monterey Park Spirit Bus
Norwalk Transit - Pasadena Transit - Santa Monica Big Blue Bus

Torrance Transit

Now that you have your TAP card ready to go Google Maps is a simple and effective way to travel using public transportation. Simply search your desired destination and click on the "Bus" icon instead of the car and receive updated bus stop times, drop off stops, and more so that you can arrive at your destination safely and on time.

Check out our list below of local and public transportation places available so that you and anyone in your family and friends group can visit and have fun! Please keep in mind that these places are found within Carson, Los Angeles, Gardena, Torrance, and surrounding cities only, public transportation times may vary, please plan accordingly.

HERMOSA BEACH

It isn't summer time without a trip to the beach! Grab your swimsuit and sun screen and enjoy a day out by the ocean.

Cost: Free
Location: Hermosa Beach
Car Trip Time: 31 mins
Bus Trip Time: ~ 57 mins

[START YOUR JOURNEY](#)

EL DORADO NATURE CENTER

This large natural reserve center is home to trails of all levels for anyone seeking to relax out in nature. Located in the middle of our urban jungle it is a wonderful place to unwind.

Cost: Free
Location: 7550 E Spring St, Long Beach, CA 90815
Car Trip Time: 21 mins
Bus Trip Time: 1 hr 20 mins

[START YOUR JOURNEY](#)

EARL BURNS MILLER JAPANESE GARDEN

Visit this unique Japanese garden that is home to several ponds of Koi fish to pet and relax by. Sometimes they host Yoga classes so make sure you check their website to see what events you can take advantage of.

Cost: Free but Reservations are required [Click Here](#)
Location: Earl Warren Dr, Long Beach, CA 90840
Car Trip Time: 22 mins
Bus Trip Time: 1hr 20mins

[START YOUR JOURNEY](#)

GOLF N' STUFF

Have fun mini golfing through some picturesque settings while also enjoying arcade games and a few carnival games.

Cost: Depends on the activity you choose
Location: 10555 Firestone Blvd, Norwalk, CA 90650
Car Trip Time: 21 mins
Bus Trip Time: 1hr 20mins

[START YOUR JOURNEY](#)

HILLTOP PARK

Grab a picnic blanket and your favorite food and relax while watching the sunset at the top of Hilltop Park.

Cost: Free
Location: 2351 Dawson Ave, Signal Hill, CA 90755
Car Trip Time: 19 mins
Bus Trip Time: 1hr 14mins

[START YOUR JOURNEY](#)

RANCHO LOS CERRITOS

Another relaxing place, this time a historical landmark located in los cerritos. This historical building is an architectural marvel from which you can visit its gardens and fountains on a sunny day.

Cost: Free
Location: Rancho Los Cerritos, 4600 Virginia Rd, Long Beach, CA 90807
Car Trip Time: 16 mins
Bus Trip Time: 1hr 16min

[START YOUR JOURNEY](#)

K-1 SPEED INDOOR GO KARTS

Grab your helmet and enjoy some speeding thrills with some indoor go karting.

Cost: 1 race \$27
Location: 19038 S Vermont Ave, Gardena, CA 90248
Car Trip Time: 9 min
Bus Trip Time: 13min

[START YOUR JOURNEY](#)

URTH CAFE

Grab some delicious, healthy, and organic food. Urth cafe has many vegetarian and vegan options, usually hosting locations in the northern Los Angeles area; a new location has opened closer to CSUDH, check them out.

Cost: varies
Location: Urth Caffe South Bay, 4940 W 147th St, Hawthorne, CA 90250
Car Trip Time: 19 min
Bus Trip Time: 1hr

[START YOUR JOURNEY](#)

LAB FIVE SOCCER

Grab your sneakers and take advantage of lab five's indoor and outdoor soccer fields. You can join any existing teams or do your own thing with friends, either way enjoy some healthy exercise just a few minutes away!

Cost: Depends on the teams or fields you play in
Location: 14000 Halldale Ave, Gardena, CA 90249
Car Trip Time: 17 mins
Bus Trip Times: 47 mins

[START YOUR JOURNEY](#)

SPLASH! LA MIRADA BUCCANEER BAY WATER PARK

Cool off this summer at La Mirada's own Buccaneer water park! Home to water slides, wave pools, and a lazy river it's a perfect place to cool off and have fun this summer close to home!

Cost: \$20 for a day pass, prices may vary
Location: 13806 La Mirada Blvd, La Mirada, CA 90638
Car Trip Time: 40 min
Bus Trip Times: 1 hr 10min

[VISIT WEBSITE](#)

JOHN'S INCREDIBLE PIZZA

Feed your inner child some fun and pizza at the same time! Home to arcade games, fair rides, pizza, drinks, and prizes make sure you add this to your summer to do list!

Cost: Varies
Location: 506 Carson Town Center N, Carson, CA 90745
Car Trip Times: 9 mins
Bus Trip Times: 37 mins

[START YOUR JOURNEY](#)

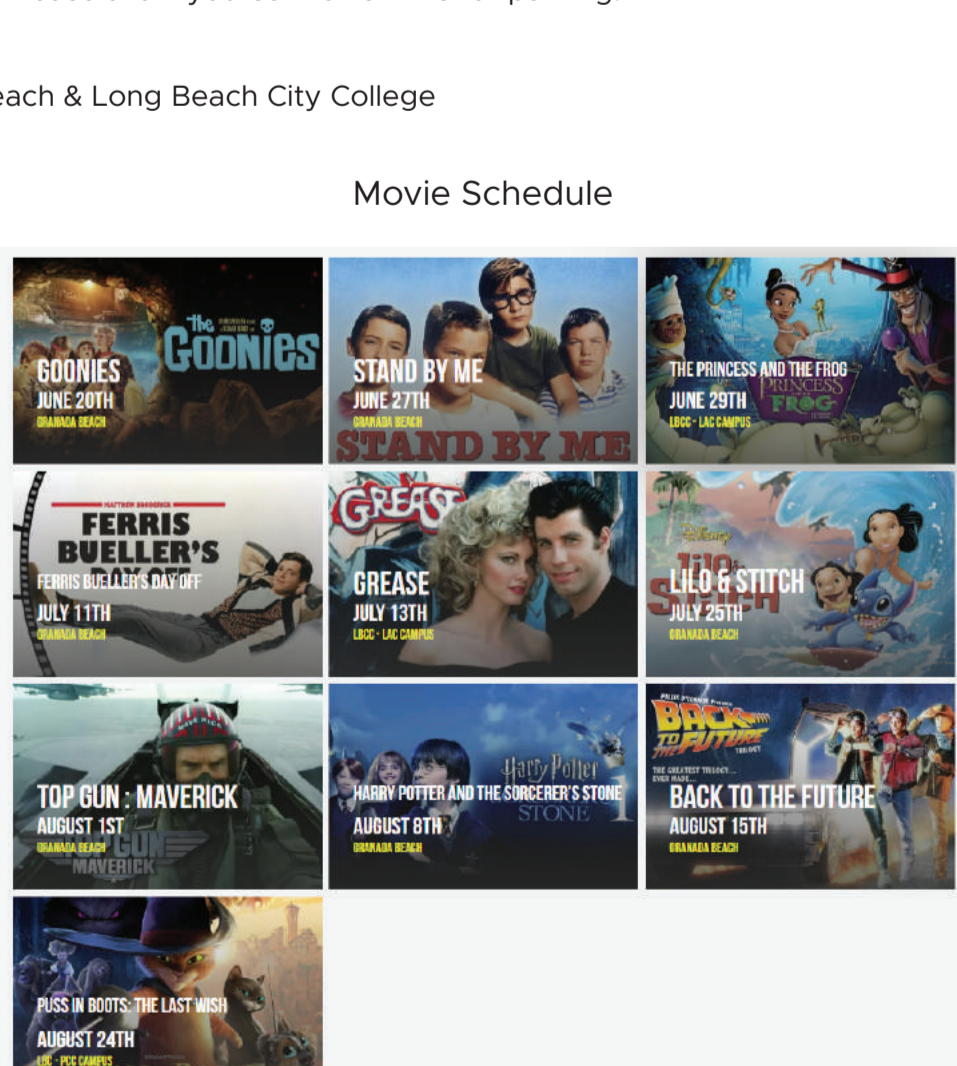
MOONLIGHT MOVIES AT THE BEACH

Perfect time to catch a movie at the beach for FREE with loved ones and friends. All movies start at sunset (8pm-8:30PM) Local food trucks and Kettle corn vendors will be onsite; BYOF (Bring Your Own Food) is also welcomed. Alcohol is prohibited. Free Parking after 6pm at all locations. Parking is limited, first come first serve. Please allow yourself 10-15 mins for parking.

Cost: Free
Location: Granada Beach & Long Beach City College

[VISIT WEBSITE](#)

Movie Schedule



VENICE BEACH EARTH DAY CLEAN UP

Want to contribute something for this year's earth day and have fun at the beach? Members of the Los Angeles community are getting together to set up a beach cleanup for Venice Beach while participating in raffles and scavenger hunts! So bring your own gloves, trash picker, and reusable water bottle and join in on this opportunity to add to your resume while helping our planet. Meetup will be near Lifeguard Tower #19, look for the blue tent!

Cost: Free
Location: Venice Beach Rentals 2100-1 Ocean Front Walk, Venice, CA 90291
Date/Time: April 22nd, 2023; 10am-12pm

[START YOUR JOURNEY](#)

CSUDH EARTH DAY FESTIVAL

Join CSUDH at their annual Earth Day festival! This is their 16th annual Earth Day festival full of food.

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

[SCHEDULE AN APPOINTMENT](#)



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

[SCHEDULE AN APPOINTMENT](#)



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

[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](#)

