

CISE UNDERGRADUATE NEWSLETTER

MAY 2023

NO. 49

TIME TO CELEBRATE!



“ I HOPE YOUR DREAMS TAKE YOU... TO THE CORNERS OF YOUR SMILES, TO THE HIGHEST OF YOUR HOPES, TO THE WINDOWS OF YOUR OPPORTUNITIES, AND TO THE MOST SPECIAL PLACES YOUR HEART HAS EVER KNOWN. ”

UPCOMING EVENTS

PICK-UP YOUR CISE SASH

ATTN. Graduating CISE Scholars: Congratulations on this GREAT accomplishment. If you signed up to receive a sash, please make sure to pick it up by the end of the week. We are located on the 4th floor of the library and we are available between 9 a.m. -12 p.m. or 1 p.m. -4 p.m.. See you there!

CISE COLLABORATION WELLNESS ACTIVITY

In honor of Mental Health Awareness Month and the desire to support you during these stressful times due to finals, CISE will provide you with the opportunity to create your very own aromatherapy sachet. There are many physical and mental health benefits of smelling essential oils, i.e., coping with stress and anxiety, improving sleep, increasing focus, and much more. Carrying this sachet with you, will allow you to ground yourself to the present moment by using your sense of smell, which will help you cope with stress, anxiety, and increase focus during finals week.

STEMiA: A KID'S CONFERENCE

Thursday, May 25, 2023

The STEAM Max Experience Showcase is the semi-annual event in which students who participated in Apple's App Design challenge present their apps to a panel of guest judges from Apple. Within this Showcase, all participating schools are invited along with their parents, and LAUSD administrators/educators. This year, the STEAM Max Showcase will be followed by the 2023 STEMiA Health Fair! ("Catch the Wellness Wave").

ALTASEA SCIENCE RESEARCH INST. 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



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!



WELLNESS

The month of May is Mental Health Awareness Month, but it is also Finals' Season so make sure to honor your own mental health by engaging in some self-soothing activities to bring more balance into your life during these stressful times. Also, make sure to keep reading to learn about some tips to overcome test anxiety, activities you can engage in to give your brain a break, as well as some suggestions to better take care of your mind and body during this time. And remember, we are here for you and we are ROOTING for YOU! YOU GOT THIS!

10 TIPS TO OVERCOME TEST ANXIETY



POSITIVE ATTITUDE
Come up with a morale boosting mantra like 'I can do this!'



READ CAREFULLY
Read the directions thoroughly and read all answers before making a choice or starting the essay.

GOOD NIGHTS SLEEP

Cramming is never the answer, and pulling an all nighters can exacerbate the nerves.



TAKE DEEP BREATHS

Deep breathing can slow down a beating heart or a racing mind.



STUDY

If you feel confidence that you've prepped thoroughly, you'll feel more confident walking into the test.



FOCUS

Pay attention to your own test and pace, and forget about the other students in the room.

FUEL UP

Eat a nutritious breakfast before the test and pack smart snacks for ongoing energy.



MIND THE CLOCK

Mentally allocate how much time you'll spend on each section.



BE EARLY

Feeling rushed will only amp up the anxiety.



JUST START

The blank page can maximize your anxiety, but a few quick answers can get the ball rolling.



BRAIN BREAKS

DANCE PARTY FOR 5 MINUTES

RUN 3 LAPS OUTSIDE AROUND THE HOUSE

RUN IN PLACE 30 SECONDS

DO 2 SQUATS

DO 2 FROG LEAPS

DO 6 JUMPS

DO 4 TOE TOUCHES

BALANCE ON 1 FOOT FOR 10 SECONDS



FINALS WEEK REMINDERS



TAKE INTENTIONAL BREAKS



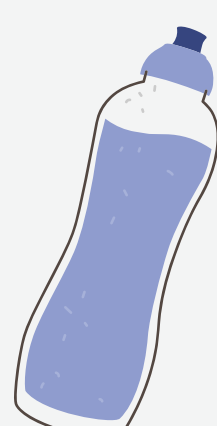
STAY ACTIVE



LAUGH



LISTEN TO YOUR FAVORITE MUSIC



DRINK WATER



GET OUTSIDE



CONNECT WITH YOUR SUPPORT SYSTEM



PRACTICE MINDFULNESS



REST & RECHARGE



EAT WELL BALANCED MEALS

WHAT ARE OUR SCHOLARS UP TO?



Congrats to our TTS Scholar, Jose Hernandez, for finding the Golden Egg at our Easter Egg Hunt! We hope you had fun finding it! Also, thank you to everyone who joined us that day for some time in the sun, we hope you all had a great Easter!



Check out all the super creative pots our CISE Scholars created during our CISE Collaboration Wellness April Activity.



We are so excited for all of our CISE graduating Seniors! Thank you to all who stopped by our Crown Your Cap event to decorate their cap with us! It was such a special event! We can't wait to see all of you walk the stage with your amazing creative caps.



We hope all of you had fun getting your groove on at our End of the Year Celebration! We are so proud of all our CISE Scholars, for some of you this is your last undergraduate year and are preparing for graduation, for some this was your first year at Dominguez Hills. Regardless of where you are in your journey, remember, "If my mind can conceive it, and my heart can believe it - then I can achieve it." Congratulations scholars, keep doing GREAT things!

EOYC PICTURES

EOYC RECAP

MEMORY LANE

Let's continue learning, growing and creating memories together! Cheers to a great 2022-2023 academic year!

MEMORY LANE VIDEO

CONGRATULATIONS CLASS OF 2023

Congratulations on graduating and here's to your next adventure!

SENIOR VIDEO

SEMINAR #6 RECAP

If you missed out on our last online Seminar of the Spring 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.

ANXIETY MANAGEMENT

GRADUATE INTO THE CORPORATE WORLD
BRIEF DESCRIPTION:
WENDY ORTIZ & KEVIN ACOSTA | NORTHROP GRUMMAN



ACADEMIC CORNER



CSUDH ACADEMIC DEADLINES YOU SHOULD KNOW ABOUT:

May 13-19

Final Examinations

May 19-20

Commencement

[\(visit site for more information\)](#)

May 24-June 30

Spring 2023 Intersession

May 29

Memorial Day Holiday

(No Classes, Campus Closed)

May 30-July 7

Summer Session I

PLEASE 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 May birthday scholars! May your days be filled with laughter, love, and yummy cake!

GPS SCHOLARS

Yajahira P.
May 06

Reami R. T.
May 21

Mayson G.
May 07

Henry L.
May 21

Alden G. D. V.
May 09

Dylan R.
May 21

Pedro S.
May 11

Irene V.
May 28

Aaron A. G.
May 12

Xavier M.C. F.
May 30

Miguel A.
May 15

Melissa N. T.
May 30

Luis B.
May 31

MSTI SCHOLARS

Emirsa G.
May 05

Anayeli S.
May 30

STEM SCHOLARS

Veronica V.
May 19



SCHOLARS OF THE MONTH



CHARNELLE THOMPSON

Psychology | Senior

Favorite Movie: All things horror

Favorite Food: Seafood

Least Favorite Food: Mushrooms

Place you'd most like to travel to: Hawaii

Describe yourself in three words: Dedicated, Motivated, EDUCATED

[READ MORE](#)



DAIRA GUADALUPE AGUILAR

Computer Science | Freshman

Favorite Movie: The Girl with the Dragon Tattoo

Favorite Food: Enchiladas de Mole

Least Favorite Food: I don't have a least favorite food but I dislike persimmons

Place you'd most like to travel to: Italy

Describe yourself in three words: Patient, Daydreamer, Capable

[READ MORE](#)



JOSE L. ESCAMILLA

Criminal Justice | Senior

Favorite Movie: The Grinch (Jim Carrey)

Favorite Food: Olive Garden Fettuccine Alfredo

Least Favorite Food: BBQ Ribs

Place you'd most like to travel to: I hope to visit Japan next year

Describe yourself in three words: Charismatic, positive, strong-willed

[READ MORE](#)



MIGUEL ARIAS

Computer Science | Freshman

Favorite Movie: Dumbo

Favorite Food: Mole de oaxaca

Least Favorite Food: Fish

Place you'd most like to travel to: Japan

Describe yourself in three words: Enthusiastic, Passionate, and Determined.

[READ MORE](#)



SPECIAL RECOGNITION



Congratulations to our very own GPS Scholar, Jerry Salinas, for being selected as Presidential Scholar for the 2022-2023 academic school year. Jerry is a first-generation college student who comes from La Puente, CA. Jerry is majoring in Biology and was also recently awarded the Summer Undergraduate Research Fellowship, which is hosted at the Huntington Medical Research Institute(HMRI) in Pasadena, CA. Through this fellowship Jerry will be able to work with a faculty member on a project in biomedical research. Jerry is so young in his college career and yet has accomplished so much, we are so proud, and we cannot wait to see what other great achievements lie ahead! Once again, congratulations Jerry! We celebrate you!

TEACHER CORNER



TEACHER APPRECIATION WEEK



**Mark your calendars for Teacher Appreciation Week
Monday, May 8, 2023 - Friday, May 12, 2023!**

THANK YOU Future Teacher! This week celebrate yourself and reach out to a former teacher to thank them for making an impact in your life.



Happy Farwell

Congratulations on finishing the semester strong and a special congratulations to all of our seniors. You are just beginning your teacher journey and best of luck to those who have been accepted into a credential program. If you are a graduating senior or a soon to be senior make an appointment with me to discuss what credential program options there are.

Look out for an email with an update regarding the MSTI program.

Have a wonderful summer break!



COMPTON COLLEGE CORNER

Shoutout to Compton College for visiting us at CSUDH! We hope you all had a great time getting to know our CISE advisors, STEM Department Chairs, and checking out many cool spaces on campus like our Fab Lab! We wish you the best of luck on finals, and hope to see you all soon!

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

[MORE INFORMATION](#)



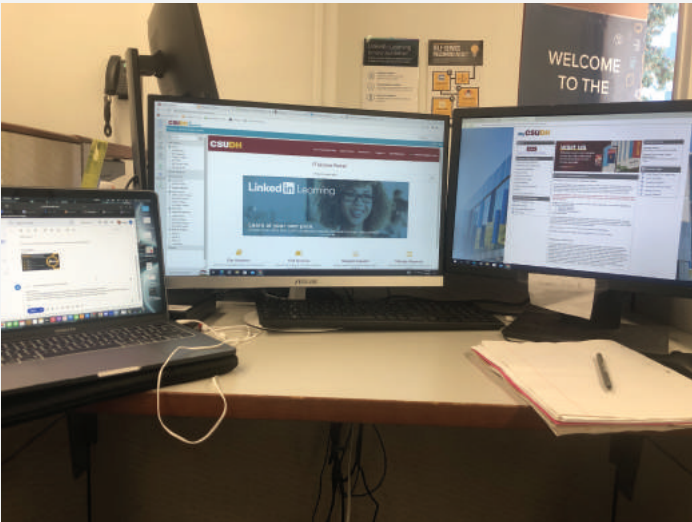
Congratulations to our very own GPS Scholar Chelsea Delgado! This has been a wonderful year of firsts for Chelsea:

A year of new experiences as a university freshman,
A year of successfully overcoming challenges while maintaining a very high GPA in STEM,
A year of “adulting”, a year of authentically connecting with friends, and ... (drum roll PLEASE!).... (wait for it)..... (yep... we’re almost there...).....

A year culminating in being the inaugural (yes that means first, EVER!) graduate of the GPS Professional Development Program here at CSUDH!

Well done, Chelsea! Well done, indeed. (BAM!)

INTERN SPOTLIGHT



“I have learned so much while being an intern with the CSUDH IT help desk, from helping students and staff change their passwords to installing different programs. I also help with setting up workstations throughout school for staff members.”

Armando Delgado Cuevas
CSUDH IT Help Desk Intern



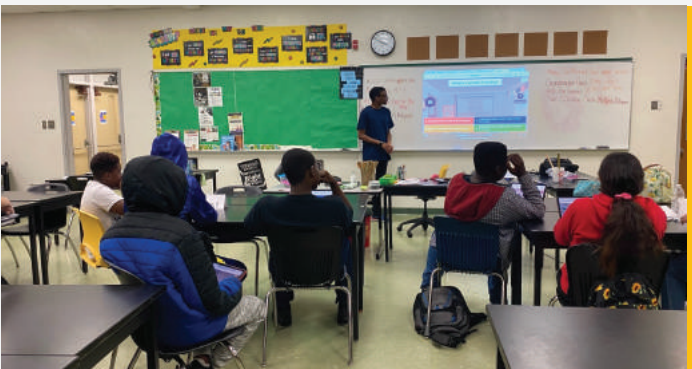
“Thanks to interning for the CISE Coding Club, I was able to develop leadership and collaboration skills. I was also able to meet a lot of new people, it was a really fun experience.”

Elliot Thuran Gutierrez
Apple CEI Program Intern



“Working at the Fab Lab has been such a great opportunity not only for the wonderful work experience to add towards my resume but also a great way to network with people and get to experience new forms of technology. A few things I have learned through my course of working there would be the ability to work with 3D machines, vinyl cutting, 3D scanners and the different types of softwares we use to handle the machines. Though what’s the most fun in working there would be being able to work with kids and help form their interest and possibly helping them in knowing what they will want to be when they grow up and be part of changing the world through technology.”

Flor Duarte
Fab Lab Technician



“I learned first hand what it’s like to be a teacher. Even though the moments were quite brief, I learned how to become a better planner and a cooperative member with my coworkers. I was also able to improve my leadership skills.”

Paul Ngwoke
Apple CEI Program Intern

WHAT'S HAPPENING AROUND ME IN MAY?

The month of May usually means that summer time is just around the corner, but here at CSUDH it also means that our 2023 Spring semester is coming to an end. This means that final exams and final assignments will soon be due and we know you are preparing to finish strong! So whether you're looking for a study break activity or just looking for a fun activity to honor all your hard work from Spring 2023, we have done all of the work for you and listed a few events we found tailored to students. We wish you the best of luck this finals' week, you got this, finish strong! And remember that the CISE center is full of resources to help you succeed, reach out and visit us!

LA COUNTY SPRING FAIR

Enjoy delicious carnival foods, fair rides, and carnival games, at the L.A County Spring Fair. With the appearance of farm animals, exhibits, and small market places, there is something fun for everyone. Have a fun fair day with family or friends!

Cost: \$5 on May 5th, 2023 / \$15-\$25 on other selected days

Location: 101 W McKinley Ave, Pomona, CA 91768

Date/Time: May 5th-29th/ 11:00 a.m. -11:00 p.m.

[PURCHASE TICKETS HERE](#)

CICLAMINI-WATTS

Grab your bike, skates, skateboards, or any means of transportation with wheels that is not a car and join the city of Watts in their annual cycling event. The city will close off streets for 2 miles to any vehicles so that residents and attendees can safely and peacefully roam rain or shine. The event is all ages and welcomes everyone of all abilities.

Cost: Free

Location: 103rd St / Watts Towers Station, Los Angeles, CA 90002

Date/Time: May 21st, 2023 9:00 a.m. - 3:00 p.m.

[VISIT WEBSITE](#)

JEAN-MICHEL BASQUIAT'S EXHIBIT

Are you a huge Jean-Michel Basquait fan? Always wanted to see the work of renowned African American artist, this exhibit displays a recreation of the artist's studio as well as displays many items belonging to the artist Jean-Michel Basquait. All art lovers will not want to miss this opportunity.

Cost: \$28 with Student ID

Location: The Grand LA 100 S Grand Ave Los Angeles 90012

Date/Time: Mon, Wed-Fri 11 a.m. -6:30 p.m.; Sat, Sun 10 a.m.-6:30 p.m.

[VISIT WEBSITE](#)

RENAISSANCE PLEASURE FAIRE

Wonder what it would be like to live in Renaissance times? Mingle with Queens, Kings, Jesters, and more characters in full costume immersed in renaissance style. With Jousting tournaments, tea parties, beguiling stage acts, rides, games, delicious foods, and even go gnome hunting! Even you are encouraged to go in full costume so grab your friends and family and get yourself a giant turkey leg.

Cost: \$42

Location: Santa Fe Dam Recreation Area 15501 Arrow Hwy, Irwindale, CA 91706

Date/Time: April 15th - May 21st Weekends; 10:00 a.m. - 7:00 p.m.

[VISIT WEBSITE](#)

JAZZ AT LACMA

Enjoy a Friday evening on the LACMA outdoors to hear some of the best Jazz musicians of the L.A area. This free event is catered to L.A residents and picnicking is also available so that attendees can listen to beautiful Jazz notes under the L.A city night sky.

Cost: Free

Location: Los Angeles County Museum of Art (LACMA) 5905 Wilshire Blvd Los Angeles, 90036

Date/Time: May 19th, 2023 and Every Friday Night until June 23rd

[VISIT WEBSITE](#)

NORTON SIMON MUSEUM

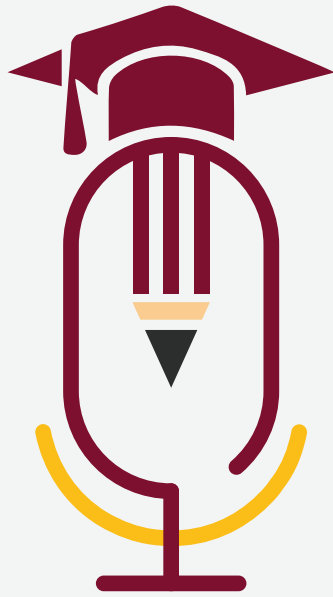
The Norton Simon museum is full of art and beauty with beautiful outdoor gardens and galleries. This month's art exhibits display food in art and the message that pieces conveyed with historical background of that time's art period.

Cost: Free with Student ID

Location: Norton Simon Museum 411 W Colorado Blvd Los Angeles, 91105

Date/Time: Thursday - Sunday; 12:00 p.m. - 5:00 p.m.

[VISIT WEBSITE](#)



TORO TALKS

— PODCAST —

WE ARE LOOKING FOR A PODCAST HOST

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 Summer 2023-Summer 2024
- Must be able to work a minimum of 12 hours

Hourly Pay: \$16

How to Apply

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

Have any questions?

Please contact Beatriz Perez via email at bperez63@csudh.edu

HOST INTEREST FORM

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](#)



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[SCHEDULE AN APPOINTMENT](#)

MATH AND SCIENCE TEACHER INITIATIVE | MSTI



CYNTHIA ACOSTA
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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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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.

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