

CSI³ NEWSLETTER

NO. 18 | JULY 6, 2020

Hello CSI³ Scholars,

We hope you had a great 4th of July weekend! We know that these times have tested us and continue to do so in many ways. From watching the news to being on social media - It's easy to get lost in what's going on around us. As we get further along into this quarantine we may be feeling anxious, bored, restless, and unsure on how to sort these emotions out. No matter what situation you find yourself in, remember that taking care of yourself mentally and emotionally affects your overall health. More than ever, self-care should be at the forefront of your mind. Self-care isn't necessarily about being self-indulgent. It's about being self-aware and recognizing your own needs. Find projects and activities that you enjoy. Your self-care practice can improve your personal wellness and, in turn, allow you to better care for those around you. Here's a [Student Self-Care Tool Kit](#) to learn more about self-care.



MSTI-TEACHER PREPARATION WORKSHOPS

We are living through a civil rights movement and as we prepare you to enter the teaching profession, we want to provide experiences and training that will assist you in empowering your future students.

[RSVP TODAY](#)

WISE WOMEN WEDNESDAY (WWW)

The WISE Women Wednesday (WWW) Series is a monthly women-centric workshop that will focus on supporting and encouraging our CSUDH WISE Scholars. These workshops will promote peer networking, career development, personal and cultural enrichment.

[RSVP HERE](#)

STEM UP

Don't miss out and sign up today. STEM Up will provide skills and knowledge for your upcoming STEM courses, and will prepare you to get that STEM job after graduation. (STEM UP is for STEM Scholars Only)

SUMMER 2020

The Financial Aid Office will determine your financial aid eligibility for the Summer 2020 semester. The deadline for submitting [this form](#) is Monday, July 13, 2020. Once your request has been reviewed, you will be notified via your ToroMail account.

LEADERSHIP CLUB

Thank you to those of you who took the time to support scholars running for a board position and for submitting your votes. We will be announcing winners this Friday, July 10th at 11:30 a.m.! Please join us and [connect here](#) to congratulate and meet our new board! Remember, every CSI³ undergraduate scholar is welcome to join this club. Currently, Leadership Club holds meetings every other Friday from 11:30 a.m. - 12:30 p.m. via Zoom.

COMMUNITY BUILDING

We want to hear from you and give you the opportunity to chat with fellow scholars. Please participate and comment on your colleagues' posts!

[WHAT DO YOU NEED FOR FALL 2020?](#)

LET US KNOW!

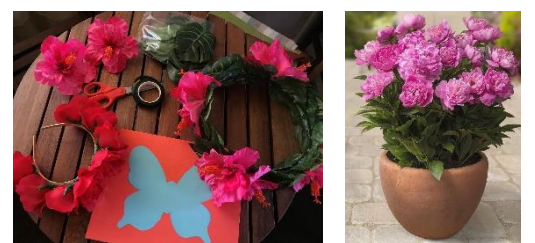
- [NEWSLETTER FEEDBACK](#)
- [NEED A ONE-ON-ONE APPOINTMENT?](#)
- [MOCK INTERVIEW](#)

QUICK LINKS

- [STAY ALERT!](#)
- [SUMMER TUTORING](#)
- [TECHNOLOGY LOANER](#)
- [SUCCEED PROFESSIONALLY](#)
- [WRITING CENTER SUPPORT](#)

DE-STRESS CORNER

"What I've been enjoying the most this summer is gardening and doing small crafts like painting and making flower crowns!" **Valeria Garcia (STEM Scholar)**



"To destress I recently picked up running. Running gets my mind off my stress and helps me feel energized throughout the day." **Erika Reveles (MSTI Scholar)**



"During this unpredictable quarantine, I have been able to relax and find a peace of mind by going to the beach or painting. When appropriate, I do go out and spend time with myself but I always wear my mask, I don't share anything and I always sanitize my hands. It's been hard trying to keep a peace of mind so these things have helped me stay afloat and not drown in my depression. I recommend that people do things that make them happy. I say this because during times like these, we are reminded of how SHORT life really is. We cannot spend our limited time doing things that make us unhappy/drain us. I recommend my colleagues to go outside, run/take a walk around your neighborhood, drive on the PCH, find a good movie to watch, or simply find time to clean their rooms/find time to do things they have been putting off. I have found that by doing all these things, I have been able to remain in a healthy state of mind. I hope you all are healthy and well, I love you all very much! Stay healthy and keep your mental state ; HEALTHY!" **Raquel Herrera Miranda (MSTI Scholar)**

"Having two little ones keeps me busy and occupied. I hardly have time for myself to relax. My father was a Pastor here and left and moved to go minister at Lima, Peru. The only thing that brings me peace and comfort is when I read my Bible. My father taught me a lot and would quote a lot of scripture. Dealing with my two daughters and my wife working full time and dealing with my father's passing, reading the Bible and praying a lot is the only thing that holds me together." **Erik Cajahuaringa (MSTI Scholar)**

Scholar OF THE Week



CESAR BRISEÑO | RISING SENIOR
COMPUTER TECHNOLOGY: HOMELAND SECURITY

Campus Involvement: I am a part of the STEM Scholars program. This upcoming semester I plan to join other clubs to get more involved.

Career Goal: My career goal is to find a job in my field of interest. Plan to have a job that is not considered a job because I enjoy it SO much.

Hobbies: I enjoy lifting weights, kickboxing and drawing.

How has CSI³ helped you? CSI³ has helped me to stay organized and to plan ahead. Every semester they provide us with planners to plan for the academic year. I enjoy planning and talking about the future. Also, they have helped me understand that it is okay to fail as long as you rise up. That no one is perfect, but that you have to work hard for what you want.

What keeps you motivated and positive throughout life's hardships? What keeps me motivated and positive throughout life's hardships are my family, girlfriend and food. My family and girlfriend always have the right words to encourage me to keep going, and food just makes me happy.

What advice would you like to give to your fellow scholars? The advice I would like to give my fellow scholars is that being on time is late, and being early is on time. Also, it's okay to fail as long as you learn from your mistakes, and don't do it again...you will achieve success. You only fail when you give up.

What are your plans after graduation? My plans after graduation are to land a job in my field and become someone important to better myself.

[NOMINATE A SCHOLAR!](#)

Best of luck to those taking summer classes! Remember we are here to support you. Don't forget to reach out if you need ANYTHING. [Click Here](#) to schedule an appointment.



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