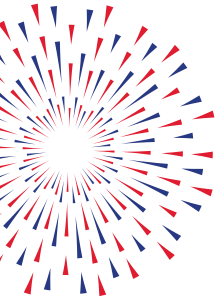
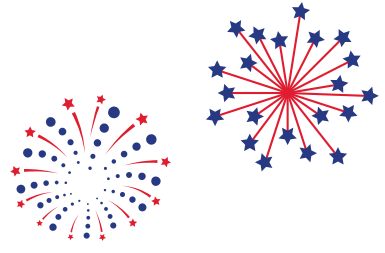




“SMELL THE SEA AND FEEL THE SKY.  
LET YOUR SOUL AND SPIRIT FLY.”



*We hope you all had a wonderful and safe 4th of July celebration with your loved ones!*



## UPCOMING EVENTS

### SERRA RETREAT OVERNIGHT WELLNESS FIELD TRIP

Tuesday, July 18th, 2023 8:00 a.m. - July 19th, 2023 1:30 p.m.  
Location: Serra Retreat Center in Malibu, CA

**ATTN. GPS SCHOLARS ONLY:** Are you tired, overwhelmed, or a little exhausted from your first year at CSUDH? Well, we have a great opportunity for you to Re-energize, Re-fuel, and Re-focus! Join us this summer for our wellness retreat at Serra Retreat in Malibu, CA. We will be accompanied by two of our very own CSUDH Student Psychologists who will lead fun, mindful, and de-stressing activities that will teach you how to better take care of your mind and overall well-being. Space is limited, RSVP TODAY!

[RSVP HERE](#)

### 3RD ANNUAL CISE ADVISOR RETREAT

Tuesday, July 25th, 2023 9:00 a.m. - 1:00 p.m.  
Location: Science & Innovation Building

**ATTN. CSUDH Faculty Advisors:** Join us for an opportunity to experience “A Day as a Toro”, learn about CISE updates, and network with our community college partners.

[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!**





Check out what some of our Scholars have been up to this summer break.

## ALTASEA GPS FIELDTRIP



# ACADEMIC CORNER

## CSUDH ACADEMIC DEADLINES YOU SHOULD KNOW ABOUT:

March 13-July 7  
Summer 2023 Registration Session I & II  
Fees due at time of registration

May 30-July 7  
Summer Session I

June 1-7  
Late registration & Add/Drop | Session I  
Fees due at time of registration

July 4  
Independence Day Holiday  
(No classes, campus closed)

July 8-14  
Late registration & Add/Drop | Session II  
Fees due at time of registration

July 8-August 18  
Summer Session II

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 July, may your special day be full of love, laughter, and yummy cake.

### GPS SCHOLARS

Michael B.  
July 04

Yareli S. R.  
July 07

Aaron I. R.  
July 08

Maynor M.  
July 20

Anthony C.  
July 21

### STEM Scholars

Maritza T.  
July 04

Nancy C.  
July 14

### MSTI Scholar

Chelsy D.  
July 29

# WELLNESS CORNER

Stay fresh this summer by checking out some of the cooling centers around Los Angeles county, the following resources are interactive maps that allow you to see where is the nearest location to you:

COOL SPOTS  
LA APP

FIND RELIEF FROM  
THE HEAT

Locate your local food pantry this summer simply by typing in your zip code:

LA FOOD BANK

## Health Benefits of Physical Activity for Adults

### IMMEDIATE

A single bout of moderate-to-vigorous physical activity provides immediate benefits for your health.

- Sleep**  
Improves sleep quality
- Less Anxiety**  
Reduces feelings of anxiety
- Blood Pressure**  
Reduces blood pressure

### LONG-TERM

Regular physical activity provides important health benefits for chronic disease prevention.

- Brain Health**  
Reduces risks of developing dementia (including Alzheimer's disease) and reduces risk of depression
- Heart Health**  
Lowers risk of heart disease, stroke, and type 2 diabetes
- Cancer Prevention**  
Lowers risk of eight cancers: bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach
- Healthy Weight**  
Reduces risk of weight gain
- Bone Strength**  
Improves bone health
- Balance and Coordination**  
Reduces risks of falls

Emerging research suggests physical activity may also help boost immune function.  
 Nieman, "The Compelling Link," 201-217.  
 Jones, "Exercise, Immunity, and Illness," 317-344.

Source: Physical Activity Guidelines for Americans, 2nd edition  
 To learn more, visit: <https://www.cdc.gov/physicalactivity/basics/adults/health-benefits-of-physical-activity-for-adults.html>

August 2020

## FREE FARM FRESH PRODUCE SUMMER DISTRIBUTION EVENTS

Dates: Every Tuesday  
 May 30th - August 15th  
 (except July 4th)  
 Time: 11 am - 1 pm  
 (while supplies last, first come-first served)  
 Location: South Walkway

If you are a CSUDH student, stop by the Sustainability booth on the South Walkway every Tuesday to pick up farm fresh produce from the CSUDH Campus Urban Farm as well as pre-packaged produce from local Farmers Markets. Please bring your student ID card with you.

**CSUDH | SUSTAINABILITY**  
 csudh.edu/sustainability  
 @csudhsustainability  
 sustainability@csudh.edu

**BASIC NEEDS INITIATIVE**



## 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, July 11 | 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 is an Enneagram?

The name Enneagram comes from Greek. Ennea is the Greek word for nine and Gramma means something that's drawn or written. The Enneagram is a system of personality typing that describes patterns in how people interpret the world and manage their emotions.

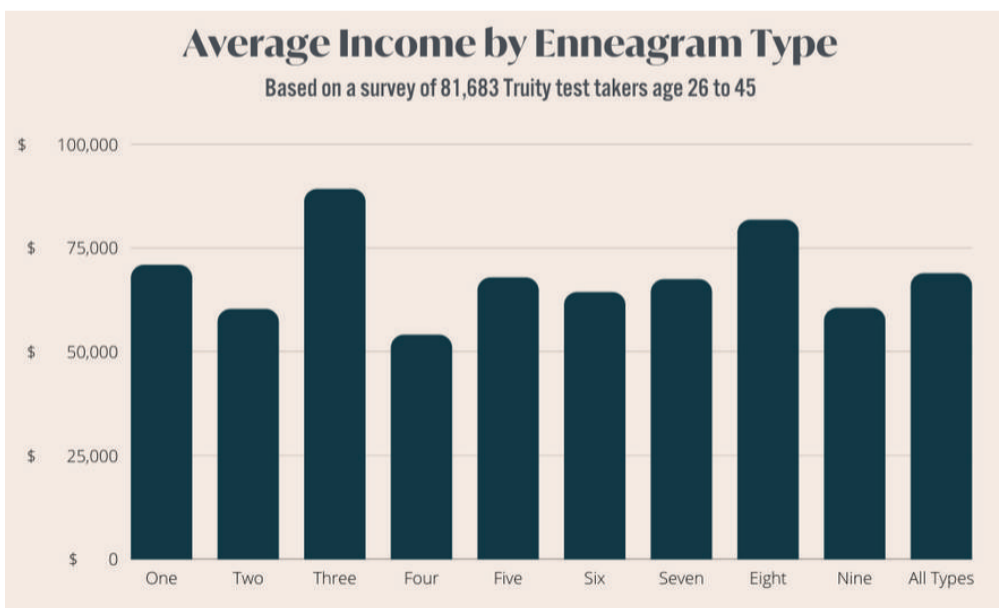
### Bottomline

Truity surveyed 81,683 adults between the ages of 26 and 45. Here are the results:

- Top Earners
- . Type Three (The Achiever)
  - . Type Eight (The Challenger)

### Bottom Earners

- . Type Fours (The Individualists)
- The difference between the top earners (Threes) and the bottom earners (Fours) was \$35,146 in annual income!



### Want to learn more?

2021 Truity survey on how each Enneagram type handles stress, which can feed into your earning potential.

Take a Free Enneagram Test to find out your Enneagram type.

[2021 TRUITY SURVEY](#)

[FREE ENNEAGRAM TEST](#)

# WHAT'S HAPPENING AROUND ME IN JULY?

## FREE YOGA ON THE REDONDO BEACH PIER

Saturday, July 8, 2023 | 10 a.m. - 11 a.m.

[VISIT WEBSITE](#)

## FREE YOUTH TENNIS PLAY DAY

Saturday, July 8, 2023 | 12 p.m. - 3 p.m.

[VISIT WEBSITE](#)

## KCRW SUMMER NIGHTS AFRO FUNKE' 20TH ANNIVERSARY

Saturday, July 22, 2023 | 6 p.m. - 10 p.m.

[VISIT WEBSITE](#)

## FREE RESIDENT DAY AT SANTA ANA ZOO

Sunday, July 16, 2023 | 10 a.m. - 5 p.m.

[VISIT WEBSITE](#)

## FREE ENTRANCE FOR MUSEUMS IN LOS ANGELES

[VISIT WEBSITE](#)

# 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  
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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



**CYNTHIA ACOSTA**  
MSTI Coordinator  
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[SCHEDULE AN APPOINTMENT](#)

## STEM SCHOLARS



**NOEMI RODRIGUEZ, M.A.**  
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[SCHEDULE AN APPOINTMENT](#)

## TRANSFER TO SUCCESS | TTS



**BEATRIZ PEREZ, M.S.**  
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[SCHEDULE AN APPOINTMENT](#)



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[SCHEDULE AN APPOINTMENT](#)



**SANDRA RAMOS, M.S.**  
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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](#)

