



“  
MASTER THE BASICS. THEN  
PRACTICE THEM EVERY DAY  
WITHOUT FAIL  
—  
JOHN C. MAXWELL  
”

## UPCOMING EVENTS

### WELLNESS WALK

**WHEN:** Thursday, September 19, 2024  
**TIME:** 9 a.m. - 10 a.m.  
**WHERE:** CISE, Library 4th Floor

Start your day with an early morning walk on campus and join us for a 2 mile walk on the CSUDH Walking Trail.

RSVP HERE >

### REP YOUR ROOTS

**WHEN:** Thursday, September 26, 2024  
**TIME:** 10 a.m. - 3:30 p.m.  
**WHERE:** CISE Collaboration Space, North Library, Suite 4000

Join us and Celebrate Hispanic Heritage Month as we honor the cultures of Hispanic and Latinos by celebrating history, heritage, milestones, and achievements. Take a break and REP YOUR ROOTS! Light refreshments will be available while supplies last.

RSVP HERE >

### SEMINAR #1

**WHEN:** Tuesday, September 24, 2024  
**TIME:** 10 a.m. - 11:30 a.m.  
**WHERE:** Via Zoom

ATTN. ALL SCHOLARS: Join us in our first seminar of the semester! 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!

JOIN ZOOM >

RSVP HERE >

## REMINDERS

### ATTENTION GPS SCHOLARS | GOOGLE CLASSROOM

Do not forget to join our GPS Google Classroom to stay up-to-date with announcements, upcoming events and most importantly to build community amongst one another. To join follow these steps:

- Go to <https://classroom.google.com/> and click Sign In.
  - Sign in with your google account
- Make sure to sign in with the correct account
- At the top, click Join Class
- Enter this class code: **qmrhj3** and click join

If you get stuck let us know...we can support you! Email us at [gps@csudh.edu](mailto:gps@csudh.edu).

**Fall '24 Late Registration:** If you still have an advisor hold, please make an appointment with your major advisor to guide you for the Fall semester and remove your advisor hold. If you're not able to make an appointment through myCSUDH, contact your major's department, or email your major advisor directly as classes are filling up!

SEPTEMBER

**04-19**

Late Fall '24  
Registration and  
Add/Drop via  
MyCSUDH-fees due at  
time of registration

SEPTEMBER

**02**

Labor Day  
CAMPUS CLOSED

SEPTEMBER

**06**

Instructor Drop  
Deadline

SEPTEMBER

**20**

Last Day to Drop  
from FT to PT Status  
with Refund

SEPTEMBER

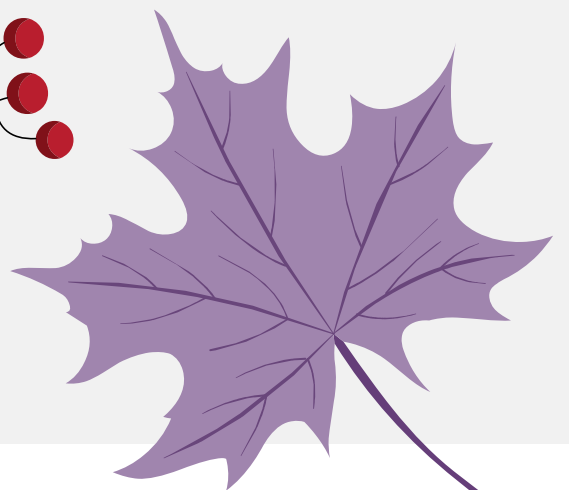
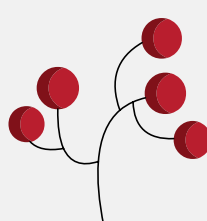
**20**

Drop Without Record  
of Enrollment Deadline  
via Change of Program  
Form

SEPTEMBER - NOVEMBER

**23-15**

Serious and Compelling  
Reason Required to  
Withdraw





## **DODGER DAY RECAP**

[VIEW PHOTOS >](#)



## **SUMMER BRIDGE RECAP**

[VIEW PHOTOS >](#)



## ACADEMIC CORNER

### GPS WEDNESDAYS

**WHEN:** Every Wednesday

**WHERE:** Follow us on Instagram! @csi3org

If you don't follow us yet, please do as we are sharing essential information every wednesday.

CS13 INSTAGRAM >

### DROP-IN EXPRESS ACADEMIC SUPPORT HOURS

**WHEN:** September 4th & 18th

**TIME:** 1 p.m. - 2 p.m.

**WHERE:** CISE Collaboration Space & Virtually

Drop-in Express Academic Support is here to help you with any advising questions. Meet Sam, your GPS Academic Advisor! No appointments necessary— students will be seen on a **first-come, first-served basis**. For the best virtual experience, please join from your computer and ensure you are in a quiet location. See you then virtually or in person!

JOIN ZOOM >

### TLTC FALL '24 TUTORING HOURS

Subject schedule not posted yet but the TLTC will be open 9 a.m. - 5 p.m. the first two weeks of the semester and 9 am. - 7 p.m. until Wednesday of Finals week. The rest of finals week, they will be open 9 a.m. - 5 p.m. but with fewer services.

### ONLINE TUTORING BY NETTUTOR

**NOTE:** Sessions are primarily chat based, but audio/video can be requested when available.

**TIMES:** 7 p.m. - 9 p.m., Monday - Thursday, & all day Friday - Sunday

**LOCATION:** Online; access through Canvas. Look for the NetTutor link in the main menu.

**Subjects covered:** Accounting, Basic/Adv Math, Bio, Chem, Computer Sci, Econ, Finance, General Humanities, Intro to Philo, Music Theory, Pre-Cal & Calc, Physics and Stats.

### NEED SCIENTIFIC LAB REPORT ASSISTANCE? VISIT THE WRITING CENTER! FALL '24 HOURS & LOCATION:

**In-Person (3rd floor of North Library)**

- Monday-Thursday 10 a.m.- 5 p.m.
- Friday 10 a.m.- 2 p.m.

**Online Synchronous**

- Tuesday, Thursday, Friday 12 p.m.- 4 p.m.

**Asynchronous Upload days/times (etutoring)**

- Monday/Wednesday 12 p.m. - 2 p.m.

SCHEDULE APPOINTMENT >

### DON'T KNOW HOW TO START A PRESENTATION?

Try initiating it by using a "word cloud." A word cloud (also known as a wordle, word collage, or tag cloud) is a visual representation of words that give greater prominence to words that appear more frequently. When using this word cloud generator, the words that are added most frequently by your audience will increase in size dynamically. This type of visualization can help presenters quickly collect data from their audience, highlight the most common answers and present the data in a way that everyone can understand.

You can sign up for **FREE** and view a brief tutorial [here](#).



Happy  
Birthdays

## BIRTHDAY CORNER

**GERBER G. | SEPTEMBER 01**

**SIMONE W. | SEPTEMBER 15**

**SHERLYN M. | SEPTEMBER 03**

**CESAR P. | SEPTEMBER 16**

**STANLEY N. | SEPTEMBER 03**

**CHELSEA D. | SEPTEMBER 16**

**JOEL C. | SEPTEMBER 06**

**ALEJANDRO M. | SEPTEMBER 20**

**MICHELLE A. | SEPTEMBER 11**

**ANTHONY R. | SEPTEMBER 22**

**JOSEPH C. | SEPTEMBER 12**

**CESAR B. | SEPTEMBER 22**



## WHAT'S HAPPENING AROUND ME?

### PANCAKES WITH THE CSUDH POLICE

**WHEN:** Wednesday, September 4, 2024

**TIME:** 9 a.m. - 11 a.m.

**WHERE:** Palm Courtyard, Loker Student Union

Stop by for FREE pancakes and coffee while you meet CSUDH officers and enjoy interactive displays, photo opportunities, and great conversations.

[RSVP HERE >](#)

### CLUB & ORGANIZATION INVOLVEMENT FAIR

**WHEN:** Thursday, September 5, 2024

**TIME:** 4 p.m. - 7 p.m.

**WHERE:** Sculpture Garden

It's CSUDH's largest student club & organization fair that features over 100 student organizations and departments. Explore clubs you're passionate about, find new interests, and meet a lot of new people! No RSVP necessary!

### WEDNESDAY NIGHT GAME ROOM SOCIAL

**WHEN:** Wednesday, September 18, 2024

**TIME:** 5 p.m. - 6 p.m.

**WHERE:** LSU Game Room

Calling ALL students for an evening of free-spirited fun, complete with a variety of games and activities in the LSU Game Room. It's the perfect opportunity to chill out, mingle with the community, and bond. Don't miss out on this opportunity to make memories and enjoy a great time together!

[RSVP HERE >](#)

### MOVIE EVE

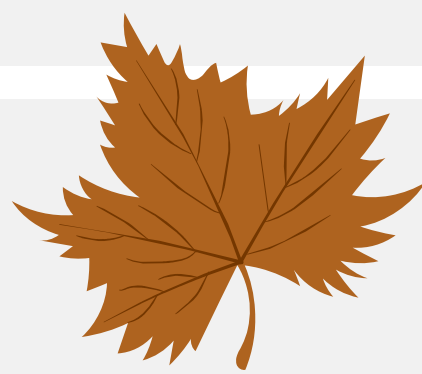
**WHEN:** Thursday, September 26, 2024

**TIME:** 2:15 p.m. - 3:45 p.m.

**WHERE:** LSU 320

Come and stop by to watch a film and offer your input! There will be snacks and treats while you watch!

[RSVP HERE >](#)





## WELLNESS CORNER

### 6 Things You Can Do Before Bed To Start The Next Morning Right



Review the day you've had by journaling



Meal-prepare a healthy breakfast to enjoy the next morning



Stay clear of your devices half an hour before bed



Avoid caffeine or sweetened drinks at night for a restful sleep



Listen to a motivational podcast as part of your routine



Set 3 intentions to take you through the next day

## HOW TO ESTABLISH A ROUTINE for success



# 3

#### STEP 1

separate your life into categories (health, work, etc) - what needs to be changed? write down goals for each category



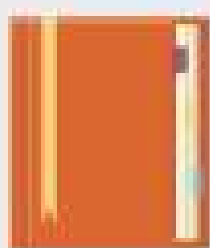
spend 24 hours tracking everything you do in 15 minute intervals, where are you wasting time?



pick 3 behaviors you need to change in order to reach your goals



be consistent, implement daily, weekly, and monthly goals to keep you on track



STEP 3  
schedule your routine, use the blocks of time you identified in step 1 for the productive behaviors from step 2



STEP 2  
transform actions you can take to reach your goals, break them down into smaller steps



STEP 4  
exercise your discipline muscle, visualize your end goal, keep a journal - whatever it takes

make it easier on yourself to reach your goals, set an alarm, put your workout clothes out at night, check your email once a day

STEP 5  
fall off the wagon? it's o-k, take a breath and go back to step 1, you'll be back here in no time

brought to you by:

**GENTWENTY**



## CAREER AND ENGAGEMENT CORNER

### ARTICLE OF THE MONTH

**5 TIPS FOR PROPER WORKPLACE ETIQUETTE**

1. AVOID OFFICE POLITICS
2. BE ATTENTIVE AND PROACTIVE
3. DRESS APPROPRIATELY
4. HONOUR YOUR COMMITMENTS
5. TAKE PERSONAL RESPONSIBILITIES

Professionalism in the workplace: A guide for effective workplace etiquette  
 Discover why professionalism is crucial for career success and how it can set you apart in any job. Elevate your career by mastering the art of professionalism and make a lasting impression in any employment setting.

[READ MORE >](#)

### EVENTS

#### FALL GRADUATE & PROFESSIONAL SCHOOL FAIR

**WHEN:** Wednesday, September 25, 2024

**TIME:** 12 p.m. - 3 p.m.

**WHERE:** LSU Ballrooms

CSUDH Career Center is set to host a series of career fairs this semester. To start off, they will welcome numerous schools and employers for the Fall Graduate & Professional School Fair. Whether you're considering graduate school or exploring career opportunities, we strongly encourage you to attend. Please register via Handshake!

#### FALL CAREER & INTERNSHIP FAIR

**WHEN:** Wednesday, October 09, 2024

**TIME:** 12 p.m. - 3 p.m.

**WHERE:** LSU Ballrooms

Meet with diverse employers, including state, local, and federal government agencies at this all industry career fair. Please register via Handshake!

### UPCOMING CONFERENCES

#### SHPE NATIONAL CONVENTION

**WHEN:** October 31 - November 3, 2024

**WHERE:** Anaheim, CA

For more information please visit SHPE website [HERE](#).

#### UC DAVIS PRE-HEALTH CONFERENCE

**WHEN:** November 2, 2024

**WHERE:** Davis, CA

The Pre-Health Conference provides community college, university, and post-bac students, as well as pre-health advisors with the information and skills necessary to succeed in the health-professions school admission process. If you would like to attend please register [HERE](#) if spots are filled you will be added to the waitlist.

#### GREAT MINDS IN STEM (GMIS) CONFERENCE

**WHEN:** November 6 - 9, 2024

**WHERE:** Fort Worth, TX

The GMIS Conference has been to expand the knowledge-base and provide access to career growth opportunities to ALL STEM students and professionals within the United States and its territories. Whether you are currently in a gap-year, working on your associates degree at a 2-year community college, or finishing up an advanced degree, or a working professional, there is something for anyone pursuing or seeking to advance a STEM career.

Registration is now open. Visit Website for details [HERE](#).

### EMPLOYMENT OPPORTUNITIES

CISE Toro Tutors Program is hosting several in-person hiring events this semester Fall Semester. You can apply and interview on the same day!

Email [torotutors@csudh.edu](mailto:torotutors@csudh.edu) for more information.

### Interview Tips for On-Campus Jobs

#### On Campus Interview

- Ask potential references if you can give out their contact information.
- Prepare answers to common interview questions.
- Think of two questions to ask the interviewer.

#### Before Interview Day

- Look at the department or office website to understand its mission.
- Ask how long the interview will take — schedule appropriately.
- Ask about the office dress code to plan your interview outfit.
- Know your availability for a future work schedule.

Work with your campus's career services to practice your interview skills.

#### Day of the Interview

- 1 Arrive five to 10 minutes early.
- 2 Silence or turn off your phone.
- 3 Dispose of any food or gum beforehand.
- 4 Introduce yourself and shake hands firmly.
- 5 Be friendly and relaxed (but still professional).
- 6 Be attentive and make eye contact.
- 7 Don't feel like you need to rush every answer.

- Ask about the next steps and timeline.
- Thank the interviewer for his or her time and shake hands again.

#### After the Interview

- 1 Within 24 hours, send a more formal thank-you by email.
- 2 If you haven't heard anything within a couple of days after the timeline you were given at the interview, follow up.

ISL EDUCATION LENDING  
[www.IowaStudentLoan.org](http://www.IowaStudentLoan.org)

### How To Dress For An Interview

Do's	Don'ts
Go for neutral colors like white, light blue, navy blue, etc	Stay away from electric bright colors like yellow, or a flaming red
Men and women can opt for a professional suit	Avoid clothing that is "too tight"
Tuck in your shirt or top to get a formal look	Stay away from too much jewellery
Opt for well polished formal shoes	Leave the flip-flops, boots, sandals, and Nike in your shoe cabinet
Your hair must be neatly combed, fresh & sleek	Avoid exposing too much to maintain a decent look

Planning to attend a hiring event, career fair, or interview? Follow these tips for a successful experience and increase your chances of landing the job.

### INTERNSHIP HIGHLIGHTS

### Congratulations

GPS Internship Program Participants  
 Fall 2023 - Spring 2024

We deeply appreciate all your hard work and dedication throughout this experience. Your readiness to embrace new challenges has made us proud. Thank you for your exceptional contributions to your sites!

Aiman Haq	Erik Andrade	Paige Smith
Alex Tijerino	Gio Leon	Paul Jr. Nguoke
Bryant Garcia	Justin Soriano-Castillo	Sebastian Sanchez Figueroa
Dylan Regis	Michael Salas	Ysabella Fajardo
	Michael Valderrama	

GPS

Congratulations to the GPS Scholars who participated in our GPS Internship Program Fall 2023 - Spring 2024. We are deeply proud of all your hard work and dedication throughout this experience. Thank you for your exceptional contributions to your sites!

### Congratulations

GPS Internship Program Participants  
 Fall 2023 - Summer 2024

Stanley Navarette

Jesse Quintero

Elmer Vasquez

Raul Higuera

CISE

GPS

Congratulations to our outstanding GPS Scholars on the remarkable achievement of completing a year-long internship with CSUDH I.T.! Your dedication and hard work have truly paid off. This milestone not only highlights your commitment to your personal and professional growth but also showcases your ability to thrive in a challenging and dynamic environment.

# CISE UNDERGRADUATE TEAM

SHOULD YOU HAVE ANY QUESTIONS, CONCERNS, OR NEED ANY ADDITIONAL SUPPORT, PLEASE CONTACT YOUR DESIGNATED PROGRAM ADVISOR.



## SANDRA RAMOS, M.S.

Undergraduate Programs, Program Manager  
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SCHEDULE APPOINTMENT >



## DR. KATHRYN THEISS

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SCHEDULE APPOINTMENT >



## VICKY CABRERA

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SCHEDULE APPOINTMENT >

SCHEDULE APPOINTMENT >

## MARIA ZAPIEN

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## SAMUEL GONZALEZ, M.S.

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*For appointments please email me 3 preferred days and times and it will be arranged.*



## 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 >

STAY IN THE LOOP



STAY IN THE LOOP about the phenomenal events happening on campus by checking out the "Events" section on your [torolink](#).

**FOLLOW OUR SOCIAL MEDIA PAGES FOR UPDATES AND REMINDERS OF OUR UPCOMING EVENTS!**

