Message from the Director

Dear CI students,

At the Graduate Studies Center we strive to help students plan and prepare for post-baccalaureate life, while also supporting our current graduate and credential students. If you are looking for a graduate school program or need some assistance with your current post-baccalaureate plan, we are here to assist!

We provide many services to help support you as you, such as counseling, writing support, test preparation resources, workshops and much more. Take a moment to pass by, look around, visit our center and meet our wonderful staff!

We look forward to meeting with you!

Best,
Sara Alcala
Director of Graduate Studies Center
Meet our Interns

Jennifer is a graduate intern for the fall 2015 semester. She is finishing her M.S. degree in Counseling and Guidance with a College Student Personnel specialization at California Lutheran University. Jennifer decide to intern with CI’s Graduate Studies Center in order to support students in pursuing post-baccalaureate degrees and assist undergraduates in giving them information about graduate school.

Hannah brings in nine years of student services experience from UCSB where she served as an undergraduate advisor, and a graduate program assistant. She has a bachelor’s degree in International Studies from UC Irvine, and is currently working on her master’s degree in Educational Counseling at University of La Verne.

Gaby is a second year student in the nursing program at CI and will be graduating in May 2017. Upon graduation, Gaby’s goals include attending graduate school to become a family nurse practitioner and be able to provide health-care services at an affordable cost to low-income populations.

Student Assistants

Amanda is a first year MA Education Disability Studies student. She chose CI because she loved what a small and close knit campus it is. Studying at CI also allows her to stay close to her family. On her spare time, Amanda enjoys going to the beach and spending time with her family.

Ciara is a senior currently majoring in Psychology. She chose CI because of the small class sizes and CI’s beautiful campus. Her interests include: reading, writing, dancing, and trips to Disneyland.

Gabriela Magana

GRADUATE STUDENT

Stephanie Cruz
MA Education:
Educational Leadership

Q & A with Stephanie Cruz:

What or who was your inspiration for pursuing a master’s in Educational Leadership?
While interning at Santa Clara High School, the head counselor asked me to seriously consider graduate school. The idea of getting my Master’s had always been in the back of my mind but having working professionals recognize my potential was just what I needed to apply to the program. The week I was accepted, I took a summer class with Kaia Tollefson. To this day, that special summer class continues to inspire me to pursue an MA in Educational Leadership and beyond.

What are your plans upon graduating?
My intentions are to find employment related to my Master’s, continue my involvement in community groups, and search for a doctoral program that fits my needs. (And hopefully present at more conferences!)

What advice would you give to current and incoming students?
Make some time for yourself. Network with everyone. Find your passion. Make the connection. Save your research! Use campus resources!
Calling all Volunteers!

CI’s 12th Annual Graduate & Professional School Fair

Nov. 19 THUR

Time: 10:00 a.m.-2:00 p.m.
Location: Broome Library Plaza

CSU Channel Islands Annual Graduate & Professional school fair allows for universities to showcase their graduate programs and offer admission information to the undergraduate population here at CSU Channel Islands.

Volunteers Needed, To sign up use the following link:
http://www.signupgenius.com/go/508054da9a823aa8-graduate1

Deadline to volunteer is November 5th 2015

Please contact Career services for more information to participate at career.services@csuci.edu
or via phone at (805) 437-3270
Graduate Writing Studio
FALL 2015

Monica Pereira
Tuesdays
6:30pm to 7:30pm
Every Other Saturday
10:00am to 12:00pm
Starting 9/1/2015

Graduate Studies Center
welcomes...

Jennifer is a CLU counseling intern assisting in the Graduate Studies Center for Fall 2015.
Appointments available:
Thursday 5:00 - 8:00pm
Friday 1:30 - 3:30pm

-Graduate School Information-
-Workshops-
-and Much More-

Hannah is an advising staff and a University of LaVerne grad student working as an intern at the Graduate Studies Center this Fall and Spring semesters.
Appointments available:
Tuesday & Thursday
6:00pm - 8:00pm
Walk-ins (begins Nov. 4th):
Every other Wednesday 5:30pm - 8:00pm

Schedule an Appointment now!
Contact us at (805) 437-3579 or gs.center@csuci.edu

Graduate Studies Center Workshops

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<tr>
<th>DATE</th>
<th>TIME</th>
<th>WORKSHOP SESSION</th>
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<tr>
<td>11/05/15</td>
<td>5:00pm-6:00pm</td>
<td>Graduate School vs. Full Time Work</td>
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<tr>
<td>11/21/15</td>
<td>11:00am-12:00pm</td>
<td>Maintaining a Healthy Balance Among Multiple Life Roles (Graduate School, Work, &amp; Personal Time)</td>
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<td>12/05/15</td>
<td>5:00pm-6:00pm</td>
<td>How to Prepare for Graduate School</td>
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Congratulations! Thank you for your input in our GSC Services Survey!

Homemade Pumpkin Spice Latte

Pumpkin Spice Season is upon us! Although these little warm hugs in a cup are delicious, they can be a little pricey. But, not to worry! Here is how to make one yourself!

**Ingredients**
- Coffee
- 1 Cup Milk of Choice
- 1/4 cup Pumpkin Puree
- 2 Tsp. Pumpkin Spice
- 1 Tsp. Cinnamon
- 1 Tsp. Vanilla Extract
- Sweetener of Choice to taste

1. Brew Coffee
2. Blend milk, pumpkin puree, pumpkin spice, cinnamon, vanilla extract, and sweetener together to make Pumpkin Milk
3. Pour 1 cup of brewed coffee into a mug and 1/2 of the Pumpkin Milk & mix (Refrigerate the other 1/2)
4. Optional: Garnish with some whipped cream and sprinkle some cinnamon on top!
Being a Graduate Student is no easy task. Just remember that while your dreams matter, so do you! So be kind to yourself!

BreakFAST

These smoothies are super easy and quick to make! Not having enough time is no longer an excuse to skip breakfast!

Berry Oat Breakfast Smoothie
- 1/2 cup oats
- 1 cup milk of choice
- 1/2 cup frozen berries
- 3 Tbsp. honey
- 1/3 cup Greek yogurt
- 1/4 cup ice

Chocolate Peanut Butter Banana
- 1 Banana
- 1 Cup milk of choice
- 2 Tbsp. peanut butter
- 2 Tbsp. cocoa powder
- Vanilla Extract
- 1/4 Cup ice

Brain SUPER foods
Add these super foods into your diet to improve cognitive function and memory!

- Green Tea
- Fatty Fish
- Blueberries
- Dark Chocolate
- Avocado
- Almonds
- Walnuts
Health and Wellness
Balancing Academics, Work, and Social Life

As college students, you may find yourselves juggling academics, social life, and maybe even work. So, how do you maintain a healthy lifestyle while keeping up with the ever-increasing priorities in your life? Make sure you are properly *DRESS*ed to tackle the day!

D= Diet & Nutrition

Be sure to eat healthy, and maintain a balanced diet. Try to include fresh fruit and vegetables in addition to starches and lean protein in your daily diet. Limit your caffeine intake, especially before an exam.

R= Relaxation

Find ways to become peaceful and calm that will put both your mind and body in a relaxing state. Take “time out” for yourself... listen to music, read a book, meditate, do yoga. Though challenging, it is the most important part of maintaining a healthy balance.

E= Exercise

Become involved in physical activities like walking, jogging, hiking, or any sports. Regular, vigorous exercise will help elevate your mood and provide you with more energy to keep you going throughout the day.

S= Sleep and adequate rest

It is important to get adequate amount of sleep and rest, especially around exams or deadlines. With stress or anxiety levels being elevated during this time, to ensure proper sleep and rest try relaxation methods and avoid caffeine before bedtime.

S= Socializing with friends

Your life shouldn’t just be all about academics and work. Plan to spend some time with family and friends... and have fun! It is just as important to have that emotional support group for your overall well-being.

*DRESS method was derived from Rutgers University’s Balancing Life special topic.

Relax in the famous Egg Chair at the CAPS Relaxation Room.
The Counseling & Psychological Services (CAPS) office has a Relaxation room that students can use, regardless of whether they are in counseling. This room includes a meditation cushion, yoga mat, and an Egg Chair. The unconventional shape and construction of the Egg Chair make it perfect for both sound isolation and excellent acoustics. Its chamber-like shape and upholstered interior cancels out most outside noise.

Visit CAPS in Bell Tower East 1856!
Monday through Thursday: 9am - 5pm
Friday: 10am to 5pm
Events & Activities

FREE! Faculty/Staff
Mondays & Thursdays
5:15pm - 6:15pm
Recreation Center

FREE!
ZUMBA®
Fitness
Mondays & Thursdays
5:15pm - 6:15pm
Recreation Center

Free YOGA
Open to CI Staff, Faculty, Administrators, and Post-bac/Grad Students
For All Levels

Fridays 7:15am—8:30am
El Dorado Hall

Class is tailored to improving cardiovascular fitness, encouraging de-stressing, and balancing the nervous system. Himalayan yoga techniques for improving brain function will be taught.

Staying Strong
live long...

For a complete list of events and activities held in El Dorado, check out our website ...
http://www.csuci.edu/gsc/events/index.htm

FALL 2015 Contest!

“What GSC services are you grateful for?”

Students: Write 3 GSC services that you are grateful for & why, on a slip of paper provided at the Graduate Studies Center.

Deadline to Participate:
Wednesday, November 25th at 8:00pm.

Graduate & Credential students are highly encouraged to participate!!