Dear CI Students,

At the Graduate Studies Center we strive to help students plan and prepare for post-baccalaureate life, while supporting our current graduate and credential students and strengthening the pipeline to Graduate Studies. 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 and meet our wonderful staff!

We look forward to meeting with you!

Best, 
Sara Alcala

Aracely Flores is the Graduate Studies Center’s Post Baccalaureate Counselor. As the GSC Post-Baccalaureate Counselor, Aracely works closely with undergraduate students to assist them in pursuing, planning and organizing their postbac goals. She also supports MA in Education students with their program inquiries. Aracely has been working at CI since 2013 and has over eight years of experience working with students in higher education. Feel free to schedule a meeting with her to learn more about graduate school planning and discover more about GSC services for current CI students and CI Alumni! She looks forward to meeting with you!

Our Location
El Dorado Hall
One University Drive
Camarillo, CA 93012

Contact Info:
(805) 437-3579
gs.center@csuci.edu

Graduate Studies Center Hours:
Monday to Thursday 9am - 9pm
Friday 9am - 4pm
Saturday* 10am - 3pm

*For Graduate & Credential students only
Meet Our Staff

Our Student Assistants

Gabriela Magaña will be graduating in May 2017 with a B.S. in Nursing, B.A. in Psychology, and a minor in Spanish. She chose CI because it is a local campus she had heard great things about the nursing program. Upon graduation, Gaby hopes to work with underserved populations and attend graduate school. Two of Gaby’s hobbies are hiking and going to the beach.

Jasmine Santos is a second year student at CI majoring in Biology. She chose CI because of the many resources the campus has to offer as well as the beauty of the school. Her goals are to graduate college and be the first in her family to have a college degree. Jasmine’s hobbies include going on outdoor adventures, trips to Disneyland and doing photography.

Yvette Perales is a third year college student at CI who is majoring in Psychology. She chose CI because it is a campus that serves CI students with a positive outlook on their education. Her ultimate goals is to be a Licensed Social Worker and be part of the National Center for Missing & Exploited Children. A few things that she enjoys doing is dancing to all sorts of music, playing piano, and watching Sci-fi movies.

Carla Ramos will be graduating from CSUCI this Spring 2017 with a B.A. in Psychology. She chose CI because it is a small campus and because of its beautiful location. Her ultimate goal is to continue her educational career in sports and exercise psychology and pursue a career as a performance enhancement specialist. A few things that she enjoys doing is hiking, going to concerts, and spending time with her family.

Our Interns

Shannon McGraw. After completing her Bachelor’s degree in criminal justice and anthropology, she continued on to a Master’s in criminal justice. During this time she worked on campus at CSU Stanislaus in the Disability Services office and Psychological Counseling. It was then that she knew she was meant to work in higher ed. For the last two years, she has been attending CLU in the Master’s in counseling and working in Career Services as a career counseling assistant.

Yolanda Gonzalez will be earning a Masters of Science in Counseling and College Student Personnel in December 2017 from California Lutheran University. She is currently working as an intern learning the techniques necessary to assist students with their education goals. Her career goal is to work with first generation, low income and/or undocumented students in programs such as TRIO or Student Support Services.

Isaac Lopez is a first year student at CI majoring in Biology. He choose CI because he fell in love with the campus and small classes. His goals are to graduate from CI and to serve as a model inspiration for my family and community.

Carla Ramos will be graduating from CSUCI this Spring 2017 with a B.A. in Psychology. She chose CI because it is a small campus and because of its beautiful location. Her ultimate goal is to continue her educational career in sports and exercise psychology and pursue a career as a performance enhancement specialist. A few things that she enjoys doing is hiking, going to concerts, and spending time with her family.
Come Join Us

Graduate Studies Center and Graduate Writing Studio Workshops
Spring 2017

4/4/17 9:30 am & 4:00 pm  Graduate School vs. Full Time Work
4/13/17 12:15 pm & 6:00 pm  Preparing the Resume or CV for Graduate School
4/20/17 12:00 pm & 5:30pm  Effective Presentation Skills for Graduate Students
4/24/17 11:30 am & 7:00 pm  How to Prepare for Graduate School
4/28/17 3:00 pm  Graduate School for DREAMers
5/1/17 10:30 am & 5:00 pm  LinkedIn
5/4/17 11:00 am  Mindfulness for Graduate Students
5/11/17 1:30 pm & 6:00 pm  Applying to Graduate School 101

TO RSVP:
Please RSVP for a workshop by registering online via:
https://csucl.qualtrics.com/SV/?SID=SV_9Qyja493Elo5n
If you have any questions contact the GSC at 805-437-3579 or gs.center@csuci.edu
*All workshops are located at CI main campus, El Dorado Hall*

Persons who, because of a special need or condition, would like to request an accommodation should contact
Disability Resource Programs at (805) 437-3331 or email accommodations@csuci.edu as soon as possible, but
no later than 10 business days before the event, so that appropriate arrangements can be made.

Graduate Writing Studio
Spring 2017

Nancy-Jean Pement
Monday (via Zoom): 5p.m.–8p.m.
Every other Saturday: 10a.m.–12p.m.

Monica Pereira
Wednesday: 5p.m.–7p.m.
Every other Saturday: 10a.m.–12p.m.

Call, email or stop by to schedule your appointment!

805 437 5577  |  gcawritingstudio@csuci.edu  |  El Dorado Hall (Main Campus)
http://www.csuci.edu/gcawritingstudio
https://www.facebook.com/CLGSC

GRE TEST PREP COURSE

Sessions begin April 1st

6 Sessions:
Saturdays (10:00 AM - 1:00 PM) - 4/1, 4/22, 4/29, 5/6
10:00 AM – 1:00 PM
Fridays (3:00 PM – 6:00 PM) - 5/12, 5/13
Flat fee: $75 (book not included)

Where: El Dorado Hall
PAYMENT DEADLINE: 4/22/17
Please Note: Cash or Check Only (Payable to CSU Channel Islands)
Registration Link: https://tinyurl.com/2e7fj6k
Career and Internship Fair Student & Alumni Information

An opportunity to network with local organizations that are actively recruiting to fill internship, part-time and/or full-time employment opportunities.

Preparing for Fair

Stop by the Career Development Center for assistance during Drop-In Career Counseling before attending this event.

- Resume Resources
- Interview Handbook
- How to Prepare for Career Fair Guide

Date: April 13, 2017
Time: 10:00 a.m. - 2:00 p.m.
Location: Central Mall

Questions?

Contact the Career Development Center at 805-437-3270

Feb 27 to May 11 in WMC
- Mondays 7:00pm-9:00pm
- Wednesdays 8:00pm-10:00pm
- Thursdays 10:00am-12:00pm

Students & Alumni Parking

- Driving directions and a campus map can be found at: http://www.csuci.edu/about/maps.htm
- All vehicles must either have a semester or daily parking permit displayed
- Attendees who require a daily permit must purchase a parking permit from the kiosk or Parking & Transportation at Placer Hall
- Keep in mind that purchasing a parking permit does not guarantee a parking space. Parking spaces are filled first-come first-serve.
Learn what it takes to become a teacher!

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<thead>
<tr>
<th>Summer 2017</th>
<th>Fall 2017</th>
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<tr>
<td>Friday, June 9th</td>
<td>Friday, August 11th</td>
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<td>Friday, July 14th</td>
<td>Friday, September 15th</td>
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<td>No Meeting in Oct. &amp; Nov.</td>
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<td>No Meeting in April or May</td>
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<td>Friday, December 1st</td>
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3:30 PM to 5:00 PM
The Grad Studies Center in El Dorado Hall

To reserve a seat, please go to:
http://education.csuci.edu/credentials/info-sessions.htm

For more information about our programs, please visit our website at
http://education.csuci.edu

If you have any questions, please feel free to contact our office.
Credential Services - Madera Hall 2900
805-437-8953
credential.assistant@csuci.edu
Counseling and Psychological Services

CAPS helps students learn skills to improve their overall mental health, academic performance, and quality of life, we hope to enhance the likelihood they will succeed at CSU Channel Islands (CI).

Group Counseling Events

Being Present in Your Life; Mindfulness for Wellness - Kirsten Olson, Ph.D.
Tuesdays | 2/21/17 - 4/18/17 | 3:00 - 4:20 p.m.

Mindfulness means paying attention in a particular way: purposefully, in the present and non-judgmentally. Mindfulness of thoughts, feelings and physical sensations, combined with cognitive interventions such as making changes to ineffective patterns of thinking, are useful tools for managing distress. Learn mindfulness practices designed to calm the mind and relax the body.

Veterans and Military Students Support Group - Kirsten Olson, Ph.D.
Thursdays | 2/23/17 - 4/20/17 | 3:00 - 4:00 p.m.

This group is intended to provide CI student veterans and active military status/reservist/guard members with a safe environment to receive strength and encouragement in their efforts to cope and adjust to challenges unique to military life. This group is an opportunity for students to experience personal growth, provide and receive support to successfully navigate stress and ultimately achieve their educational goals.

Mindfulness: Creating Healthier Connections - Stacy Udolph, LCSW
Thursdays | 2/23/17 - 4/06/17 | 1:30 - 2:45 p.m.

Whether you’re struggling with a specific relationship or desire for a relationship with parents, significant others, friends, co-workers or roommates, this six-week group offers a safe and confidential space to discuss your concerns. The goal of this supportive group environment is to assist you with developing better communication skills, improve awareness and find satisfaction in your relationships.

Un paso hacia el éxito! Support for Latino/a Students – Norma Lopez Magaña, LCSW
Mondays | 2/27/17 - 4/24/17 | 1:30 - 2:45 p.m.

What does it mean to be a Latino/a student at CI? College life can be challenging, exciting and scary all at the same time. Juggling real-life issues while trying to stay school-focused can feel overwhelming! Let’s talk about family, aspirations, relationships and daily challenges in an environment that is encouraging and nurturing.

Anxiety Support Group - Norma Lopez Magaña, LCSW
Mondays | 02/27/2017 - 04/10/2017 | 3:30 - 4:30 p.m.

Worried about grades, money, your relationships and/or the future in general? Feeling nervous and panicky more than you would like? Learn what psychology can teach you about how to help yourself cope with stress and anxiety. Come and practice skills that you can use to optimize your success.

Just Saying: A Therapeutic Support Group for Students of African Heritage - Angela Timmons, LCSW

Working Through Grief and Loss - Stacy Udolph, LCSW

Coping with the loss of a loved one can feel overwhelming and isolating. However, you are not alone on this journey. Sharing your own experience with others suffering from a similar loss may provide a special type of understanding and interpersonal connection. While we understand that you may feel like you can never return to the way you were, this 6 week group can assist in your healing as you discover your new “normal.”

Rainbow Café – Support Group - Gina Albani, Psy.D.

The Rainbow Café is a support group for those who identify as lesbian, gay, bisexual, asexual, pansexual, transgender, intersex, queer, gender queer and questioning. Come and experience a unique environment where individuals can connect with one another and explore challenges, celebrate successes and build community.

Join a group today! Submit your online interest form: www.csuci.edu/caps/group-counseling
Writing labs are open for drop-in (no appointments necessary). Students have an opportunity to write in a group environment and get writing support from faculty consultant Sheryl Leonard. Each session lasts two hours. Setting aside time and being motivated to write can be hard—use the writing lab to help you keep on track with writing so that you don't fall behind. You can also use the Writing Lab to get quick writing help while you are writing.

Writing Boot Camps

Studies in social motivation suggest that people persevere and stick to finishing difficult tasks when they see others in the room doing the same thing. This is the rationale for group writing environment of the Writing Boot Camp. Writing Boot Camps provide CI students with a quiet, dedicated, and monitored space to write. A WMC faculty consultant is available for feedback and answering questions on writing. Spaces are limited to 25 students per session and require students to register in advance. Students who register must commit to attending the entire weekend session (Saturdays and Sundays). Spots are prioritized for capstone students and seniors but any student (including graduate students) may apply. Students may apply for more than one session, but students will be placed on a waitlist with additional sessions (you may prioritize the session you prefer).

Registration begins Monday, March 27, 2017. Submit the Writing Boot Camp form in person or via email to the Faculty Director (sohui.lee@csuci.edu).
Events Continued...

CSU Channel Islands
INSIGHT
INSPIRE SOLUTIONS. ENACT CHANGE.

Student-Community Activism Conference
Featured Keynote Speaker, Nadia Luna Jimenez
Learn to ORGANIZE around your goals & NETWORK with non-profit organizations, such as ACLU, CAUSE, and more!

Friday, April 21
10 a.m. to 5 p.m.
Broome Plaza and Broome Library

There is no cost to attend and includes lunch and dinner. All are welcome!

Register today at http://tinyurl.com/2017INSIGHT

For more information, contact the Office of Political Science and CSU Channel Islands School of Social Work at 805-774-3378.

Channel Islands
FOOD PANTRY
Mon. Tues. Thurs. Fri.
10:00 a.m. – 4:00 p.m.
Wed.
1:00 p.m. – 4:00 p.m.

Location: Ojai 1978

How it works
- Students are allowed a maximum of 5 items
- One visit per day
- Volunteer assistant reviews your bag
- Fill out a quick survey so we can learn how to better assist you next time
**Ingredients**

- Cooking spray or butter
- 2 tablespoons natural creamy peanut butter
- 2 whole grain tortillas
- 1 large ripe banana, sliced
- 4-5 strawberries, sliced
- 1/8 teaspoon cinnamon (if desired)

**Instruction**

Heat a medium skillet over medium high heat and spray pan with cooking spray.

Spread 1 tablespoon of the peanut butter evenly over each tortilla. Arrange both the banana and strawberry slices over one tortilla, sprinkle with a pinch of cinnamon, and top with the remaining tortilla, peanut butter side down.

Press gently to help them stick together.

When the skillet is hot, add the quesadilla, flipping once, until golden brown, about 2 minutes per side.

Cut each quesadilla into halves or quarters.

Serves 2-4.

Retrieved from ambitiouskitchen.com
GSC Spring Contest

How well do you know the Graduate Studies Center?

1. What services are offered at the GSC? (list 3)
2. What is the name of our Post Baccalaureate Counselor?
3. Which population(s) do we serve? (list 3)
4. List two things you have learned from this issues/

Submit your answers to the GSC front desk
(Don't forget to include your email)

Deadline to participate in contest is
April 24th, 2017

Winner will be notified via e-mail &
Will be picked at random on
April 27th, 2017

Winner will receive a PRIZE!
What is your role and how long have you been at CSUCI?

I am an associate professor of education and political science. Since my education and research are in the areas of education policy and politics, in an interdisciplinary university such as CI, I have what is called a dual appointment. I teach education classes in special education teacher credential program, educational leadership, and a pre-requisite course for the post-baccalaureate program. In political science I teach the intro course in American government, and upper division electives; one on interest groups and one in education policy.

I started at CI in 2005.

Tell us a little about yourself.

I was born and raised in Finland. Much of my youth was spent in music, and I have a classical training. I sang in a choir which travelled around the world. My first tour was for 6 weeks in Japan when I was 12. In retrospect, that was pretty brave of my parents. This was before the internet, cell phones, and ATM cards.

I ended up not choosing a career in music, but music continues to play an important part in my life. I have continued to perform and record in different venues. I have been blessed in being able to live in a variety of places. In each place where I have lived, I have tried to learn something about the local musical culture. Here in Southern California of course there is an incredible Mariachi heritage with such richness in instrumental and vocal expression. I have also recently explored the history of rap, and its interesting evolution (unknown to me at least) in emphasizing different syllable over different parts of a beat.

Probably what surprises people the most is that I do not have a car. I use the bus, the trolley, the metro, the various shuttles, the trains, and of course the airplanes. I get around just fine.

What did you want to be growing up?

It changed through the years, but definitely though a singer or a rock star. I was an avid ABBA fan (I still have a scrap book I made in the 1970's). At one point when I must have been 12 or so, I wanted to work for the United Nations. I grew up next to the Soviet Union, so I think us Finnish kids were more aware of the world around us than perhaps kids are these days. At some point I remember wanting to drive a tractor for living--there is a picture of me driving one when I was 5.

What led you to pursue a graduate education?

I was an exchange student at the University of Oregon from University of Helsinki, Finland. Initially I was supposed to be there just for one year as an upper division undergraduate. But I got so interested in the field I ended up pursuing, that I graduated early and got into the M.S. program. I got a teaching credential and a Master's in special education and rehabilitation. I was in P-12 for about 15 years—taught high school, then moved to a district office, state office, and before coming to CI, worked at a county education office as a behavior specialist (consulting with schools that had students or issues with problem behavior and discipline/behavioral supports).

I ended up pursuing my doctorate because I simply wanted to learn more about policy. I was in the trenches implementing policies relating to special education, often training school administrators on relevant laws. I initially just wanted to figure out why the same law was interpreted so differently in one state over another, or even across different school districts in a state (by this time I had lived in OR, HI and CA). But the more I learned, the more questions I had. That is when I began to pursue political science studies to dig deeper into these questions. The highlight of my studies was a month on the Hill interviewing members of Congress, their staff, and interest group leaders. I never imagined it when I started the doctoral studies—I actually did not even worry about finishing, as the degree at the time was not my goal, just knowledge and understanding of the system. But after my brief but intense time on the Hill, I realized I had a story to share, so I got motivation to write up my dissertation.

After I finished, I realized that I missed the university atmosphere. I took the huge leap to apply for a position in higher education to essentially start a second career.

What advice do you have for prospective postbac candidates?

Find a mentor.

Network. Starting right here at CI—go to office hours, talk with your professors (for example, they might be able to connect you to people whose work/experiences might be helpful to you), learn about grad schools and programs, learn about people in the field you are interested in, ask questions.

Find an area of study you are passionate about. Be ready to work hard, and keep a friendship and support network close.

I always say that if I was not doing research as part of my profession at a university, I would be an investigative journalist or a private detective. This was true also as special education teacher and specialist after my M.S. degree, as I worked with programs where I had to "figure things out" and solve a puzzle.

So find your passion and simply enjoy finding out about things that maybe no one has looked at from your lens!
Attention Masters & CODEL Students (Doctoral)!

We want to hear from you!

What would you tell prospective students?

What recommendations would you give to prospective students?

Are there any tips or suggestions you might have for students?

If could do anything differently, what would that be and why?

Submit your feedback via email to the Graduate Studies Center to be featured in our NEXT newsletter!

Deadline: May 13th

Our Location
El Dorado Hall
One University Drive
Camarillo, CA 93012

Contact Info:
Front Desk:
(805) 437-3579
Email:
gs.center@csuci.edu
Scholarship Opportunity

The CSU Trustees Award will be available for STEM (Science, Technology, Engineering and Math) students, an Information Technology student, engineers, a veteran, a student who gives the most to his/her home, university, or global community, students studying the humanities, and students studying to become teachers.

Applicant must:

- Demonstrate superior academic performance with a minimum cumulative GPA of 3.0 on a 4.0 scale and be in good academic standing.
- Demonstrate financial need as determined by the campus Financial Aid and Scholarships office.
- Be currently enrolled as a full-time equivalent undergrad or graduate student in any major field at a CSU campus and remain a CSU full-time equivalent student during the upcoming academic year.

For detailed information regarding this scholarship including the application and selection process, please contact Jose Delgado, Scholarship Coordinator directly at (805) 437-8499 or jose.delgado@csuci.edu.

Applications are now available through the Financial Aid & Scholarships Office.

Application Deadline:
Friday
April 28th, 2017

$6,000 Award
For the
2017-2018
Academic Year