Who We Are

The Graduate Studies Center Mission Statement

The Graduate Studies Center (GSC) is dedicated to providing academic, professional and personal support services for post baccalaureate students at CI. Our services aim to facilitate access to post baccalaureate programs, to promote student success and program completion, and to foster professional, personal, and workforce development.

We are your one stop resource center for all of your graduate needs!
Our Graduate Admissions & Recruitment office has Extended University Staff, available by appointment, to help assist new students, answer questions, and discuss Graduate programs available at CI.

Admissions & Recruitment

For students interested in obtaining information on career assessments, workshops and resources, please check with the GSC Counselor & Coordinator for assistance in obtaining Career Services.

Career Services

Extended University also holds information sessions regarding CI’s Graduate programs on a regular basis at the GSC. To RSVP, please visit: ext.csuci.edu/spotlight/attend-information-session.htm

Extended University

Come Explore the GSC!
Learn About the Services we Offer

Financial Aid
A Financial Aid Counselor is available by appointment and assists CI Graduate students with their financial aid and scholarship inquiries.

School of Education
School of Education holds regular info sessions in the GSC. Please visit for more information: http://education.csuci.edu/credentials/info-sessions.htm

Saturday Hours
Available for Graduate and Credential students who are looking for a space to study. There are rooms that may be reserved for specific study groups. Please check with GSC staff
### Additional Services

<table>
<thead>
<tr>
<th>Service</th>
<th>Description</th>
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<tbody>
<tr>
<td>Orientations &amp; Workshops</td>
<td></td>
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<tr>
<td>Cell Phone Charging Station</td>
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<tr>
<td>Test Prep Materials</td>
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<tr>
<td>Study Spaces</td>
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<tr>
<td>Lactation Room with Changing Station</td>
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<tr>
<td>GSC Parking for Credential/Graduate Student Appointments*</td>
<td>* Available on a first-come, first-served basis</td>
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<tr>
<td>Computer Stations with FREE Printing for Credential and Graduate Students</td>
<td><em>(Students must provide paper)</em></td>
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<tr>
<td>Exam Proctoring for CI Staff, Credential and Graduate Students</td>
<td><em>(Please make exam proctoring request 1-2 weeks in advance)</em></td>
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Meet with our Graduate Studies Center Counselor to discuss career, outreach, and graduate school options.

Appointments Available!

Call (805) 437-3579

E-mail gs.center@csuci.edu

Visit El Dorado Hall Front Desk

Current CI students may schedule an appointment online via the GSC website http://www.csuci.edu/gsc/

Walk-in Hours:
1st and 3rd Thursday of the month
4:00 pm - 6:00 pm

Coffee Hour
Grab your favorite coffee mug and come on over to La Cocina de El Dorado in El Dorado Hall for complimentary coffee or tea!

Tuesday: 7:00 pm - 8:00 pm
Wednesday: 5:00 pm - 6:00 pm
Thursday: 2:00 pm - 3:00 pm

BYOM. Bring Your Own Mug

Graduate Studies Workshop
Meet with our GSC Counselor!
Sara Alcala

WHEN: Thursday, April 23rd
TIME: 5:00 pm to 6:00 pm
WHERE: El Dorado Hall

Graduate Assessments Workshop

How to Face Graduate School Entrance Exams with Confidence!
Graduate Writing Studio

Course papers
Thesis Review
Cover Letters
Personal Statements
One-on-one Consultations

Dr. Cynthia King  
Mondays & Wednesdays  
4:30 pm to 6:30 pm

Monica Pereira  
Thursdays  
5:00 pm to 6:30 pm

Call, e-mail, or stop by to schedule your appointment!

También se ofrecen consultas en Español!

The Broome Reference Outpost at El Dorado Hall

Need help finding research materials and utilizing the Broome Library databases?

The librarian is in at El Dorado!

April 14, 21 & 28  
Tuesdays 5:00 pm to 6:00 pm

Also available by appointment!  
monica.pereira@csuci.edu
April Contest

Attend a **FREE** yoga session on **April 22nd or 29th** for a chance to win a prize from the GSC!

(See flyer on the next page)

A Special Thanks to the March Contest Winners!

Thank you for participating!

Iris Mejia
Casey Yarborough
Sarah Yarborough
Rosa Moreno

A winner will be chosen on May 1st!
Free Yoga
For All Levels

Bring your own mat and a bottle of water
Class will be taught in chairs and on mats

Wednesdays 7:30 am - 8:45 am
El Dorado Hall

Class is tailored to improving cardiovascular fitness, encouraging detoxification, and balancing the nervous system. Himalayan yogic techniques for improving brain function will be taught.

Taught by Christina Pabers, PhD, MA, L.Ac
Provided by Naam Yoga® LA Healing & Research Center 501C3
**Fight Stress!**

**10 ways to destress**

1. Play with your pet
2. Drink some hot tea
3. Take a warm bath
4. Exercise
5. Listen to music
6. Meditate
7. Catch up with a friend
8. Read a book
9. Turn off your phone
10. Sleep it off

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**Eat to Beat Stress**

- Complex Carbs
- Oranges
- Spinach
- Fatty Fish
- Black Tea
- Avocado
- Almonds
- Skim Milk

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**Beau-TEA Begins on the Inside**

These teas have awesome health benefits!

- **For Alertness & Energy**
  - Black Tea

- **Soothes Stress & Anxiety**
  - Chamomile

- **For Energy & Weight Loss**
  - Green Tea

- **Soothes an upset stomach and nausea**
  - Dried Ginger
Spring 2015

**Spring 2015 Hours**

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<tr>
<th>Days</th>
<th>Time</th>
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<tbody>
<tr>
<td>Monday - Thursday</td>
<td>9:00 am to 9:00 pm</td>
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<tr>
<td>Friday</td>
<td>9:00 am to 4:00 pm</td>
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<tr>
<td>Saturday</td>
<td>10:00 am to 3:00 pm*</td>
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*For Graduate and Credential students only.

**We’re Social!**

- [Facebook.com/CI.GSC](http://Facebook.com/CI.GSC)
- [@gsc_csuci](https://twitter.com/gsc_csuci)
- [Linkedin.com/in/graduatestudiescenter](https://www.linkedin.com/in/graduatestudiescenter)

**Contact Us!**

- **Graduate Studies Center**
  - **El Dorado Hall**
  - **One University Dr.**
  - **Camarillo, CA 93012**
  - **(805) 437-3579**
  - **gs.center@csuci.edu**

**We are located in El Dorado Hall, on the corner of Santa Barbara Street and Ventura Street!**

**GSC Summer Newsletter Coming Soon!**