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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.

Message from the Director

At the Graduate Studies Center we strive to help support all CI students, from the undergraduate to the graduate level, with any post-bac needs they may have. If you would like to know more about graduate school or are finishing up your thesis and you need writing support, we are here to assist you.

We look forward to seeing you at the Graduate Studies Center.

Go Dolphins!

Sara Alcalá, M.S.
Graduate Studies Center Activity Director

Location
El Dorado Hall
One University Drive
Camarillo, CA 93012

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

Follow us!

Facebook: ci.gsc
Instagram: gsc_csuci
Twitter: gsc_csuci

Hours

Monday – Thursday 9am – 9pm
Friday 9am – 4pm
Saturday 10am – 2pm
Sunday closed
Meet the Graduate Studies Team

Activity Director

Sara Alcalá, M.S.
Sara oversees and programs all Graduate Studies Center events, partnerships, activities, and resources while also overseeing daily operations at the GSC.

Graduate Writing Studio Consultant

Monica Pereira
Monica is a faculty consultant for the Graduate Writing Studio (GWS). She helps support graduate and credential students with advanced degree writing such as theses, course assignments, and research papers.

Counselor Interns

Kori Farrell  Leticia Rodriguez
Counseling services are provided to discuss graduate school options, career pathways, and review the graduate school admission process. Our interns meet one-one-one with students through scheduled appointments post-baccalaureate goals.

*Please contact the Graduate Studies Center for specific appointment availabilities with a counselor or writing consultant.

Student Assistants

Our wonderful student assistants help support students and staff at the Graduate Studies Center.

Isaac Lopez  Nadia Jimenez  Michelle Nguyen
Resources available to students:

• Graduate school counseling for CSUCI undergraduates and alumni
• Program advising for School of Education graduate programs
• Host graduate & credential programs information sessions
• Host low-cost GRE test preparation sessions
• Graduate school based workshops
• Graduate Writing Studio to support graduate and credential student writing needs
• Quiet study space & free printing
• Lactation room with changing station
Graduate School vs. Full Time Employment
Tuesday, April 16 at 3:00pm
This workshop is designed to help you weigh your options when it comes to deciding upon going to graduate school soon after graduation or taking some time off to work. We will help you analyze your options and best prepare you for your career post-graduation.

How to Request a Letter of Recommendation
Tuesday, April 30th at 10:30am
Letters of recommendation are required for applying to graduate school. Learn who to ask, when to ask, and how to ask for these letters to ensure a positive and meaningful recommendation.

Mindfulness & Meditation
Friday, May 3 at 12 p.m.
In this session you will learn and practice skills to calm the body and mind through guided relaxation techniques and breathing exercises.
Graduate Student Spotlight
Hannah Dineley

Tell us about yourself and the degree you are pursuing.

My name is Hannah Dineley, and I am a second-year graduate student. My program is the Master of Arts in Educational Leadership with an emphasis in Higher Education. I am pursuing a Master of Arts in Educational Leadership to further my own skill-set in research as well as continue with networking efforts in higher education. My passion for this field came from my experience in the Educational Opportunity Program at CSUCI during my undergraduate career. This support service provided me with the tools to navigate college and graduate from the CSU as a first generation college student. My focus is to continue in the spirit of supporting college students. Currently I work in the Dolphin Pantry on campus supporting students’ access to basic needs like food and hygiene items.

What led you pursue a graduate education?

I always knew I would continue my education after I graduated in the Fall of 2014. Since I want to work in the field of higher education, I knew a Master of Arts degree would serve my efforts and employment opportunities.
What advice do you have for prospective graduate students?

Keep asking questions! Strike up a conversation or write emails to people who are in careers that you could see yourself in and ask how they got there. Learn about what other people studied and what they were involved in. Then apply yourself!

How do you specifically practice self-care and balancing your responsibilities as a graduate student?

Some things that I do to practice self-care are eating well, getting rest, and going to a concert from time to time.
According to the Bureau of Labor statistics, “employment of healthcare occupations is projected to grow 18 percent from 2016 to 2026, much faster than the average for all occupations, adding about 2.4 million new jobs.”

**Health Care Shortages around the World**

A 2016 study published in Human Resources for Health indicated a global demand for 80 million health care workers by 2030. The Georgetown University Center on Education and the Workforce reports healthcare and technology are two major industries with a decline in the number of college grads. That means fewer applicants for job openings.

Solar Photovoltaic Installers
Median Pay $39,490 per year, Job Outlook, 2016-2026
105% (Much faster than average)

Wind Turbine Technicians
Median Pay $53,880 per year, Job Outlook, 2016-26
96% (Much faster than average)

Mathematicians and Statisticians
Median Pay $84,760 per year, Job Outlook, 2016-26
33% (Much faster than average)

Data Scientist
Median Salary: $111,267 Projected Growth: 15.75%

Application Software Developer
Median Salary: $101,790 Projected Growth: 31.00%

Construction Laborer
Median Salary: $33,450 Projected Growth: 12.00%

Financial Advisor
Median Salary: $89,160 Projected Growth: 30.00%

Information Security Analyst
Median Salary: $90,120 Projected Growth: 18.00%

Upcoming Campus Events

April 7-20

GOODS FOR FINE$  
April 7th-20th  
Bring donations to the  
Brooks Library Lobby Desk

April 16 & 17

CI WANTS YOU TO...  
VOTE ONLINE  
FOR ASI ELECTIONS  
CAST YOUR VOTE ON CI SYNC  
VOTING BEGINS AT 8AM ON:  
THROUGH 5PM ON:  
APRIL 16 APRIL 17

April 17

CAREER & LEADERSHIP DEVELOPMENT  
THE CAREER & INTERNSHIP FAIR

April 26

CALLING ALL STUDENTS!  
THE STUDENT UNION WANTS TO HEAR WHAT YOU THINK!  
TAKE OUR SURVEY AND WIN A PRIZE:  
1 Complete our short student survey on your computer, phone, or tablet at:  
asi.csuci.edu  
2 Show your completed survey to our staff at the Information Desk.  
3 Spin the wheel to: WIN A PRIZE

The survey is available:  
MARCH 4 THROUGH APRIL 26

For more events:  
https://ciapps4.csuci.edu/events/
Click here for information on the Spring 2019 Commencement

Lavender Stoling Celebration

All Graduating GRTQ+ Seniors are invited to recognize the individual(s) that supported them through their academic and personal journey.

Wednesday, May 15
5:30-2 p.m. | Petit Salon

If you would like to participate RSVP at:
tinyurl.com/LavenderStoling
Costs for participation is $20 | Due by April 23

For more information, please contact Melodie Johnson, Coordinator of Underrepresented Student Initiatives, at melodie.johnson@csuci.edu or 805-437-8827.

Undocumented Student Stoling Celebration

Graduating seniors who are also AB540, DACA, or undocumented are invited to participate in the 5th Annual Undocumented Student Stoling Ceremony.

Thursday, May 16
5:30-7 p.m. | Malibu 100

If you would like to participate RSVP at:
tinyurl.com/UndocumentedStoling
Costs for participation is $20 | Due by April 23

For more information, please contact Emily Mathern, Coordinator of Underrepresented Student Initiatives, at emily.mathern@csuci.edu or 805-437-8820.

“19 in 19” – The first CSUCI Codel cohort to accept their Doctor of Education degrees from CSUCI this Spring!
Self-Care Techniques
By Kori Farrell

As students, we typically have demanding schedules with endless to-do lists. Self-care is a beneficial approach to prioritizing one’s physical, emotional, spiritual, and mental health. It is important to remember that to perform well as a student, or any other roles you play in your life, you need to take care of yourself first and foremost. You are the one person who will be there for yourself every step of your life’s journey, so take time for yourself and practice self-care.

Some suggestions:
• Connect with nature
• Exercise
• Go for a walk
• Aromatherapy
• Connect with important people in your life
• Meditation
• Eat healthy
• Take breaks
• Sleep more
• Find hobbies
• Journal
All Fitness classes are free to all current CI students. No experience is necessary; simply show up when you can and enjoy. You can come as often as you would like, or as little as your schedule permits. There are no commitments or registrations. Get active and get out there!

Spring 2019 Hours

Mon - Thu 10am – 11pm
Friday 10am – 9pm
Sat - Sun 12pm – 10pm

To learn more about services and classes:
https://www.csuci.edu/recreation/index.htm
Counseling and Psychological Services (CAPS), a department within the Division of Student Affairs (DSA), operates from a community systems approach in providing short-term psychological counseling, outreach/prevention, and consultative services to the University community. A developmental perspective provides the cornerstone for our work with students, faculty and staff.

Attn: Bell Tower East, Room 1867
One University Drive
Camarillo, CA 93012 – 8599

Telephone: 805-437-2088
Fax: 805-764-8258
Email: caps@csuci.edu

Spring 2019 Hours
Mondays, Tuesdays, Thursdays: 9 a.m. to 5 p.m.
Wednesdays & Fridays: 10 a.m. to 5 p.m.
The CSU Channel Islands Dolphin Pantry exists to provide food, toiletries and basic necessities at no cost to students in need. The Dolphin Pantry aims to decrease the impact that food and basic necessity insecurities have on the academic success of students. It is increasingly challenging for students to juggle the costs of living while working to obtain their degree. Many students are now finding themselves choosing between the basic essentials of food and toiletries and the required costs of tuition, fees, and books. The Dolphin Pantry helps to alleviate hunger and provide basic nutrition within our student community.

The Dolphin Pantry is located on the first floor of Arroyo Hall: Room 117 (Wellness Promotion & Education Center).

The regular hours of operation are Monday – Friday: 8:30 a.m. – 4:30 p.m. (closed on holidays and breaks). Additional hours can be arranged if necessary.

Telephone: 805-437-3521

**Pantry items requested include:**

- Breads
- Dairy Products (milk, butter, yogurt, cheese)
- Dairy free /Gluten Free items
- Eggs
- Fresh Fruits & Vegetables
- Meats
- Breakfast cereals
- Pancake mix & Syrups
- Frozen Foods
- Cooking Oils and Small cooking utensils (small pots/pans/microwave-safe dishes)
- Laundry Products – detergent, softener, etc.