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.

Please enjoy our newsletter!

Go Dolphins!

Sara Alcalá, M.S.

Hours

Monday—Thursday 9am—9pm
Friday 9am—4pm
Saturday 10am—3pm
Sunday *closed*
Tell us about yourself and your role at CSUCI.

I have been at CSUCI since 2002 and since that time have held various roles. When I first arrived, I helped to create the Single Subject Credential Program and was the Coordinator for that program for over ten years. I also helped to create the Curriculum and Instruction emphasis in our MA in Education Program. Outside of the School of Education at CSUCI, I have been the Academic Senate Chair and co-Chair of the Senate’s Curriculum Committee. Currently, I am the Chair of Graduate Programs in the School of Education and oversee our two Master’s Programs.

My undergraduate degree from the University of Missouri was Interdisciplinary (Chemistry, Biology, and Art) and I was a high school biology teacher for several years before pursuing my Ph.D. in Teaching and Teacher Education at the University of Arizona. I really enjoyed working with high school students and miss that daily interaction. However, my time in the classroom was essential in forming my passions about advanced studies. The act of learning fascinates me and inspires me to this day to find the most mind-engaging methods for my own students. All of these experiences helped to prepare me for my time here at CI with a focus on working outside of your field and making decisions with the student experience as the primary focus.

What advice do you have for prospective graduate students?

Graduate school is VERY different than the undergraduate experience. You have to find the area you are passionate about studying because you need to have a lot of internal motivation for the level of writing and thinking that is expected. My best advice is to find a school and program that fits you. Knowing what you want to do with your professional life will help you decide which program is the best for you.
What did you want to be growing up?

When I was younger I explored many different ideas of what I wanted to be when I grew up! In high school I thought I wanted to be a lawyer but I realized I really loved science. I started my BA as a Chemistry major but then learned of the Interdisciplinary Degree option and thought being a medical illustrator would be the best way to combine my artistic skills with my love of science! However, while completing my degree I realized that pursuing the profession would also involve a lot of computer graphics—which was new at the time—and didn’t really interest me. A friend suggested I look into teaching and I was hooked ever since.

What led you to pursue a graduate education?

Because I had completed my BA prior to earning my credential, the pursuit of teaching certification led me into the graduate world. I earned graduate level credit while working on my credential classes and was able to complete a master’s degree in my first year of teaching. It was tough, teaching full time and driving 120 miles each way one night a week for a year—but it was worth it! When I was in one of the MA classes I had a professor observe my work during an in-class project and he encouraged me to pursue a Ph.D. I never thought I’d have a master’s degree let alone work towards a doctorate, but with his encouragement I left my teaching job and moved out of state. My life has changed dramatically because of that decision, and I’ve worked harder than I ever thought I could. But I believe we all have the potential as long as we can recognize the opportunities when they are presented.
Are you a graduate student? Or are you thinking about going to graduate school?

Graduate Studies Center
May 2018 Workshops

Crafting Your Personal Statement
Wednesday, May 2nd 11:30am & 4:30pm
Having trouble getting started with your personal statement? Are you still unsure about the finished product? This workshop will help you with brainstorming, composing, and revising your statement.

Mindfulness for Graduate Students
Thursday, May 3rd 4:00pm
In this workshop you will be introduced or reconnected with mindfulness practices for stress reduction and increased life enjoyment. CAPS practitioners will guide participants through a selection of accessible meditations and offer practical tips for sustaining this practice amidst our busy lives.

Graduate School vs. Full-Time Work
Tuesday, May 8th 10:00am & 4:00pm
This workshop is designed to help students consider the pros and cons of attending graduate school versus working full-time after graduation. We can help you better consider your options and better prepare for life after graduation.

Graduate School for DREAMers
Friday, May 11th 10:30am
This workshop will help provide information and resources related to the graduate school application for undocumented students, specifically the AB540.

All workshops will be held in El Dorado Hall.

To register, visit: tinyurl.com/ybs715m9

For any questions, please contact:
gs.center@csuci.edu
(805) 437-3579
**Meet the Staff of the Graduate Studies Center**

**Aracely Flores**
**Post-bac Counselor**
Aracely is the Graduate Studies Post Baccalaureate Counselor. Aracely supports and assists students in researching programs and trying to understand the application process, weighing their options and providing support in whatever the student needs. Every counseling appointment is tailored to students needs. Aracely works with students in strengthening their knowledge. She also supports MA in Education students with their program inquiries and requirements.

**Sara Alcalá**
**Activity Director**
Sara has been working at CI since 2005 and has 10+ years of experience working in schools, from K-12 through university levels. She was previously the Graduate Studies Counselor & Coordinator and was recently hired as the Activity Director. Sara manages Graduate Studies Center events, partnerships, activities and resources while also overseeing daily operations at the GSC. Feel free to contact Sara, if you are interested in collaborating for a future CI event or workshop!

**Stephanie Cruz**
**CODEL Support Coordinator**
Stephanie is the CODEL Support Coordinator that provides support to current and prospective CODEL students. She collaborates with the online doctorate Educational Leadership Program. Stephanie coordinates CODEL information sessions, assist with the application process and advise students in making their own decision about becoming a CODEL student.

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

**Yvette Perales**
Yvette 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.

**Nadia Jimenez**
Nadia is a first year college student at CI and an English Major. She chose CI because of the familiarity she felt on campus, and also because of its location outside of the city. She hopes to move on to graduate school, and work in either graphic design or writing.
THE UNIVERSITY encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation or have questions about the physical access provided, please contact:

Disability Accommodations and Support Services at accommodations@csuci.edu or call 805-437-3331 as soon as possible, but no later than 7 business days prior to the event.

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PATH SENIOR RECEPTION

Graduating Seniors are invited to participate in the inaugural Senior Reception. Promoting Achievement Through Hope (PATH) supports foster youth, students who have experienced homelessness, were in guardianship or kinship care, and were adopted.

Friday, May 11
5:30 p.m.
Malibu Hall

If you would like to participate RSVP at: https://cisdawufoo.com/forms/path-senior-reception/

Costs for participation $20
Due by Monday, April 23

For more information, please contact Leticia Cazares, Coordinator of Promoting Achievement Through Hope (PATH), at leticia.cazares@csuci.edu or 805-437-3528.
Wellness

Health & Fitness at CSUCI

Zumba: Mondays 4:15 p.m.—5:15 p.m. Rec Center (Arroyo Hall)

Yoga Sculpt: Thursdays 8:30 a.m.—9:30 p.m. in Malibu 120

Power Yoga: Wednesdays 8:00 p.m.—9:15 p.m. in Malibu 120

Mindfulness: Wednesdays at 4:15 p.m. in Lindero Hall

Zumba for Staff & Faculty:
Tuesdays & Thursdays 6:15 p.m.—7:15 p.m. in the Rec Center (Arroyo Hall)

7 Stress Management Tips for Students

• Prioritize your physical health.
• Stop and take a deep breath.
• Don’t try and conquer everything in one day.
• Take a moment to be grateful.
• Pay attention to what your body is telling you.
• Put some food in you.
• Spend time with your loved ones.

Counseling and Psychological Services (CAPS)

The Counseling and Psychological Services is a service that provides assistance to students with their academic and personal goals. They provide various services such as individual, couples, group therapy, crisis intervention, psychiatric consultation, 24/7 phone counseling, outreach, consultation, relaxation room and other services. Counseling services staff is trained and prepared to help students with a wide range of concerns they encounter during their college years. Their goal is to promote greater wellness among the student population.

Location: Bell Tower East 1867
Hours: Monday, Tuesday and Thursday: 9:00 a.m.—5:00 p.m.
Wednesday and Friday: 10:00 a.m.—5:00 p.m.
Recipe
Coconut Cream Cups
We’re coco-nuts for these mini pies!

Prep Time: 15 minutes
Total Time: 45 minutes

Ingredients:
- 16.5 oz. tube refrigerated sugar cookie dough
- 1 pack instant vanilla pudding mix
- 1 can coconut milk, cold
- whipped cream

Directions:
1. Preheat oven to 350. Grease a 12-cup muffin tin with cooking spray.
2. Slice the cookie dough into 12 portions. Press each disc of dough into muffin cup, patting the sides down gently to form a well. Bake for 10-12 minutes, or until the cookies are lightly golden.
3. As soon as they’re out, use a shot glass (sprayed with cooking spray) to gently press down the center of each cookie. Set tray aside to cool for at least 20 minutes. Remove from baking tray to cool completely on wire rack.
4. Meanwhile, make vanilla pudding. In a medium bowl, combine pudding mix and milk and whisk until the mixture just begins to thicken. Spoon pudding into cooled cookie cups. Top with whipped cream and garnish with shredded coconut.
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 now located on the first floor of Arroyo Hall: Room 117 (Wellness Promotion & Education Center).

Website

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