

FALL 2018

Graduate Studies Center

**Events
Workshops
& Services**

Monday – Thursday

9:00am – 9:00pm

Friday

9:00am – 4:00pm

Saturday

10:00am – 2:00pm

Sunday

Closed

El Dorado Hall

(805) 437 – 3579

gs.center@csuci.edu

www.csuci.edu/gsc



California State
University

**GRADUATE
STUDIES
CENTER**

C H A N N E L
I S L A N D S

Services

The Graduate Studies Center (GSC) is dedicated to provide academic, professional and personal support services for credential and graduate students at CI. Our services aim to facilitate access to credential and graduate programs, to promote student success and program completion, and to foster professional, personal, and work force development

- Graduate school outreach for CI undergraduates & alumni
- Program advising for School of Education graduate programs
- Hosting graduate & credential programs information sessions
- Graduate Writing Studio
- Free parking on a first come, first serve basis for credential & graduate appointments or study sessions
- Study space & free printing
- Lactation room with changing station

Workshop Schedule

To register for any of the following workshops:

tinyurl.com/y9hq2g32

Graduate Studies Center: Who We Are

Tuesday, September 11th at 11:30 am & 3:00 pm

This workshop is designed to provide information on the Graduate Studies Center and the services it provides to current undergraduate and graduate students, as well as alumni and community members. Come learn how the Graduate Studies Center can assist you in pursuing, planning and organizing your post-bac goals.

Crafting Your Personal Statement

Tuesday, September 18th at 11:30 am

Wednesday, September 19th at 3:45 pm

Having trouble getting started with your personal statement? Have you finished, but are still unsure about it? In this workshop, you will gain tips for brainstorming, composing, and revising your statement.

How to Prepare for the Graduate School Application Process

Friday, September 21st at 10:30 am & 1:00 pm

The primary outcome is for students to understand what materials they need to prepare a strong, persuasive application.

***Attendees are encouraged to bring a list of graduate programs that interest them.*

Graduate Studies Center: Who We Are

Monday, September 24th at 1:00 pm & 4:00 pm

This workshop is designed to provide information on the Graduate Studies Center and the services it provides to current undergraduate and graduate students, as well as alumni and community members. Come learn how the Graduate Studies Center can assist you in pursuing, planning and organizing your post-bac goals.

September

How to Request a Letter of Recommendation

Thursday, September 27th at 10:00 am & 5:00 pm

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 Session

Tuesday, October 2nd at 10:00 am & 2:45 pm

In this session, you will learn and practice skills to calm the body and mind through guided relaxation techniques and breathing exercises.

Personal Finance for College Students

Tuesday, October 9th at 4:30 pm

Money is a major issue for graduate students and now is a perfect time for you to revisit and learn about finances to help you plan for your future. Come learn about credit (and how to use it wisely), tools to develop a positive credit history and score, create and manage your own budget, ways to track spending, and options for student loan repayment.

Creating a CV/Résumé for Graduate School

Wednesday, October 10th at 10:30 am & 2:00 pm

Need help writing a great resume to use for applying to graduate school? This workshop will help you build a solid and effective résumé or CV.

Identity Theft Solutions

Tuesday, October 16th at 9:00 am

Identity theft is becoming more common and sophisticated than ever. Session participants will learn the methods that identity thieves use to access confidential information, tools for preventing ID theft, and steps to take should identity theft occur.

Crafting Your Personal Statement

Tuesday, October 16th at 1:15 pm & 4:15 pm

Having trouble getting started with your personal statement? Have you finished, but are still unsure about it? In this workshop, you will gain tips for brainstorming, composing, and revising your statement.

How to Request a Letter of Recommendation

Monday, October 22nd at 12:00 pm & 3:30 pm

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.

How to Prepare for the Graduate School Application Process

Wednesday, October 24th at 12:00 pm & 3:30 pm

The primary outcome is for students to understand what materials they need to prepare a strong, persuasive application.

***Attendees are encouraged to bring a list of graduate programs that interest them.*

Managing Time & Stress

Thursday, October 25th 11:00 am & 5:15 pm

Feeling irritable? Performance in school slipping? Take a deep breath. You may be stressed. Stress is a normal and expected part of graduate school, but if left unmanaged, it could turn into distress or an even more disruptive condition. Attendees will learn tips to help them keep their stress from becoming distress.

October

November

How to Prepare for the Graduate School Fair

Thursday, November 1st at 11:00 am & 2:30 pm

Friday, November 2nd at 9:30 am & 1:30 pm

Monday, November 5th at 12:00 pm & 5:30 pm

Interested in attending and learning more about graduate and professional school? Make the most of your Graduate and Professional School Fair experience at CSUCI by being prepared! Attend this workshop to gain the knowledge that can help you on your road to your graduate studies. At this workshop, we will review questions to ask representatives, current list of programs represented at the Grad. Fair and other tips to help you prepare for this year's fair.

Teaching Your Children to Be Financially Successful

Thursday, November 15th at 9:00 am

At every age and in every stage of development, there are steps you can take to teach the children in your life about smart money management. In this session we will cover recent changes in finance markets and how that affects your child, discuss how you can to identify "teachable moments", pinpoint some best practices based on age groups and learn about how to approach and broach the subject of finances.

Crafting Your Personal Statement

Friday, November 16th at 12:00 pm

Having trouble getting started with your personal statement? Have you finished, but are still unsure about it? In this workshop, you will gain tips for brainstorming, composing, and revising your statement.

Managing Time & Stress

Friday, November 30th at 12:00 pm

Feeling irritable? Performance in school slipping? Take a deep breath. You may be stressed. Stress is a normal and expected part of graduate school, but if left unmanaged, it could turn into distress or an even more disruptive condition. Attendees will learn tips to help them keep their stress from becoming distress.

December

Creating a CV/Résumé for Graduate School

Tuesday, December 4th at 12:30 pm & 4:30 pm

Need help writing a great resume to use for applying to graduate school? This workshop will help you build a solid and effective résumé or CV.

Mindfulness + Meditation Session

Wednesday, December 5th at 1:00 pm

In this session, you will learn and practice skills to calm the body and mind through guided relaxation techniques and breathing exercises.

**All workshops will take place in
EL Dorado Hall, unless stated otherwise.**

**To register for any of the following
workshops:**

tinyurl.com/y9hq2g32

Aracely Flores



Meet with our Post-Baccalaureate Counselor to discuss CSUCI School of Education program and graduate school options.

By appointment:

Monday - Friday
9:00am – 4:00pm

Walk-in appointments
starting 09/11/18

2nd and 4th
Tuesday
of each month from
4:00pm – 6:00pm

**Please note: hours are subject to change*

To schedule an appointment with the counselor, visit
www.csuci.edu/gsc/ or
call the Graduate Studies Center at (805) 437-3579.

Monica Pereira

Mondays

5:00pm – 7:00pm

In person



Nancy-Jean Pément

Saturdays

10:00am – 12:00pm

Via Zoom



Mari Estrada

Wednesdays

6:00pm – 8:00pm

Via Zoom

Saturdays

10:00am – 12:00pm

In person



Graduate Writing Studio

The Graduate Writing Studio provides writing support to credential and graduate students in order to meet the increasingly complex requirements of advanced degree writing. Faculty instructors help students with writing tasks such as course assignments, thesis review, cover letters, and personal statements.

To schedule an appointment with a writing consultant, visit
www.csuci.edu/gsc/