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
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
- 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

To register for any of the following workshops:

<table>
<thead>
<tr>
<th>Workshop</th>
<th>September</th>
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<tbody>
<tr>
<td><strong>Graduate Studies Center: Who We Are</strong></td>
<td>Tuesday, September 11th at 11:30 am &amp; 3:00 pm</td>
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<tr>
<td>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.</td>
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| **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.
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
October
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.
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<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>Creating a CV/Résumé for Graduate School</td>
<td>December 4th</td>
<td>12:30 pm &amp; 4:30 pm</td>
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<tr>
<td>Mindfulness + Meditation Session</td>
<td>December 5th</td>
<td>1:00 pm</td>
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<tr>
<td>How to Prepare for the Graduate School Fair</td>
<td>November 1st</td>
<td>11:00 am &amp; 2:30 pm</td>
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<td>November 2nd</td>
<td>9:30 am &amp; 1:30 pm</td>
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<td></td>
<td>November 5th</td>
<td>12:00 pm &amp; 3:30 pm</td>
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<tr>
<td>Teaching Your Children to Be Financially Successful</td>
<td>November 15th</td>
<td>9:00 am</td>
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<tr>
<td>Crafting Your Personal Statement</td>
<td>November 16th</td>
<td>12:00 pm</td>
</tr>
<tr>
<td>Managing Time &amp; Stress</td>
<td>November 30th</td>
<td>12:00 pm</td>
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All workshops will take place in EL Dorado Hall, unless stated otherwise.

To register for any of the following workshops:

[tinyurl.com/y9hq2g32](tinyurl.com/y9hq2g32)
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.

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**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.

**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

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