The winter quarter is in full-swing and your Coyote First STEP and Early Start Team is here to support you. If there is something happening on campus that you think students would like to know about, send the information to cfs@csusb.edu, and we will do our best to include it in the newsletter.

Check out what's going on at CSUSB in the days ahead.

"The positive thinker sees the invisible, feels the intangible, and achieves the impossible." – Winston Churchill

#### Quick Tips: How to Survive and Thrive in College- Your First-Experience and Beyond

Transition from high school to college can be exciting, but learning to juggle responsibilities with the rigor of college classes can be challenging and the decisions you make now can have an impact on your college experience. These tips are designed to help you make that impact a positive one!

- -<u>Find YOUR ideal study spot</u> Some students need a quiet library setting and some prefer a more public location (like Starbucks, the park, etc.). The point is, find what works best for YOU.
- -Go to class I know, it's tempting to miss class occasionally but you will be missing out on vital information. So, unless you are ill, do your best to show up.
- -Meeting with your professors! They are here to help you, so go to their scheduled office hours. If you have time conflicts that prevent you from going during regular office hours, send your professor an email and ask if you can schedule a time that works for both of you.
- -Get to know your roommates and members of your residence hall If you live on campus take the time to get to know others in your residential community. Many of you are all going through similar experiences and shared experiences can help ease the feelings of homesickness, worries, and fears. Who knows, you may make a lifelong friend or two.
- -Check your email next week for even more college survival tips.

# \*Tuesday, January 16 – Monday, January 29\*

Winter 2018 Late Registration and Schedule Adjustment (Late fee and prepayment required)

#### \*Thursday, January 25\*

Careers in Natural Science Panel Discussion 12:00 p.m.

Lower Commons, Pine Room

Are you interested in a career in the Natural Sciences? Attend WorkAbility IV's panel discussion with CSUSB's faculty and staff. Lunch will be provided! Panelist include; Dr. David Maynard, Chemistry and Biochemistry Professor; Dr. Kimberly Cousins, Department Chair/Chemistry Instructor; Ms. Dawn Blue RN, Associate Professor; Ms. Geraldine Fike RN, Associate Professor.

Applying for Scholarships – CSUSB Online Process 12:00 – 1:00 p.m. SMSU Theater, SU – 107 Do you want scholarship money? Come learn!

Craft Therapy 2:00 p.m. Upper Commons, Obershaw Dining Room Join the Student Health Center Health Educators each week for a different craft therapy activity. The activities promote self-discovery, empowerment, relaxation, stress relief and personal fulfillment. Please arrive on time and plan to stay until the end in order to complete your project. All craft supplies included.

Viva La Raza

2:00 p.m.

SMSU Events Center B/C

Come out and network with LatinX Clubs and Organizations as they share cultural games and snacks!

### \*Monday, January 29\*

Winter 2018 Census - Last day to add with permission (prepayment required) or drop classes w/o record of enrollment (no W grade).

Library Research for Freshmen

12:00 - 12:50 p.m.

Pfau Library, room 2005

Space is limited and Registration is required!

Meant for those new to CSUSB, or for those who could simply use a refresher, this workshop provides an introduction to resources available through John M. Pfau Library. This session addresses why it is necessary to use the deep web for scholarly research, and attendees learn how to navigate the library website, find online journal articles, locate books, and get research help.

# \*Tuesday, January 30\*

STARS Seminar Series – Financial Planning

12:00 - 1:00 p.m.

Veterans Success Center – Group Room

Guest Speaker: Valencia Brown, Accredited Financial Counselor

Lunch will be provided while supplies last

To RSVP email: VSC@csusb.edu

For disability accommodations (72-hour notice required) please call the VSC at (909) 537-5195

#### \*Wednesday, January 31\*

Creating a Culture of Consent

12:00 - 1:30 p.m.

Pfau Library, room 5005 (Library Multimedia Center)

The Pfau Library, in collaboration with Counseling and Psychological Services and the Department of Housing and Residential Education, invites the university community to a presentation and panel discussion on consent, led by campus Advocate Marina Rodriguez and CSUSB VOICE Peers Natalie Gonzales and Andrea Tovar. Dr. Manijeh Badiee, Assistant Professor of Psychology, will serve as a faculty panelist. Everyone—students, staff, faculty, and campus guests—is welcome to contribute to this timely conversation about consent and why it's important to foster a culture that embraces it.

Please note that participation in this event counts toward the End Sexual Violence training requirement. For more information, contact Robie Madrigal at rmadriga@csusb.edu or (909) 537-5104.

#### \*Friday, February 2\*

Check your campus email for your spring registration date/time.

### \*Monday, February 5\*

Spring 2018 Advising Begins



Image Text: First Years, Sophomores & Seniors Please join hundreds of college students across the USA in the National Survey of Student Engagement (NSSE). Check your csusb.edu email between Feb 6 and March 6 for survey invitations.

Start a Conversation at the Club Fair 11:00 a.m. – 1:00 p.m. Library Lawn For more information contact Erin.McAndrew@csusb.edu or 909-537-5261

# \*Monday, February 12\*

Lincoln's Birthday – Campus OPEN and regular class schedule

Spring 2018, Priority I Registration begins

# \*Tuesday, February 13\*

Library Research for Freshmen 12:00 – 12:50 p.m. Pfau Library, room PL 2005 Space is limited and Pogistration

Space is limited and Registration is required!

Meant for those new to CSUSB, or for those who could simply use a refresher, this workshop provides an introduction to resources available through John M. Pfau Library. This session addresses why it is necessary to use the deep web for scholarly research, and attendees learn how to navigate the library website, find online journal articles, locate books, and get research help.

Zotero for Everyone 4:30 – 6:00 p.m. Pfau Library, room PL 2005 Space is limited and <u>Registration is required!</u> Learn to use Zotero, a free citation management tool.

#### \*Wednesday, February 14\*

Spring 2018, Priority II Registration begins

### \*Tuesday, February 20\*

Spring 2018, Priority II Registration begins

# **Campus Spotlight:** University Police Parking & Transportation Services

Did you know that the CSUSB Police Department and Transportation and Parking Services is a state law enforcement agency which employs 18 sworn police officers and an active support staff for 24-hour protection of the campus community? Or, that the peace officers of the department have statewide police authority and are vested with law enforcement powers and responsibilities identical to the municipal police or sheriff's departments in our community? The CSUSB Police Department, established in January 1974, strives to provide quality service by providing professional service with honor, integrity, and a commitment to excellence to the community. The department partners with the campus community to fight crime and keep the peace, and pledges to do all it can to provide quality service and perform its mission to keep us all safe. Next time you see a campus police officer say hello!



The Coyote First STEP and Early Start Program Team

https://www.csusb.edu/early-start



