

CSUSB eAdvising

 **Newsletter**  *A division of Undergraduate Studies*

Advising & Academic Services, UH-380

909.537.5034

www.ugs.csusb.edu/advising

Issue 15 Winter 2014



Advising and
Academic Services



This information is provided to CSUSB undergraduate students by Advising and Academic Services, Undergraduate Studies, on a quarterly basis. It includes the latest university policy & procedure updates, academic advising tips, and campus Web links.

Hey Coyotes! Welcome to winter! Check out the upcoming dates below ...

Important Dates:

Jan. 27 – Winter 2014 census

Feb. 3 – Graduation check deadline for fall 2014

Feb. 3 – Spring 2014 advising begins

Feb. 10 - March 3 – Spring 2014 priority registration

March 3 – Last day to submit Petition to Drop after census

March 4 – Spring 2014 open enrollment

March 17 – Spring 2014 late registration

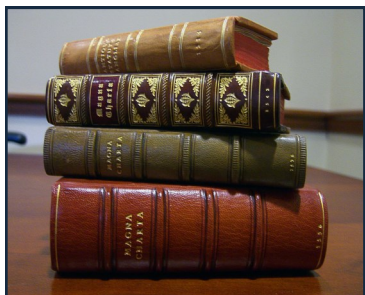
March 18 - 22 – Winter 2014 finals week

March 24 - 28 – Spring break

March 29 – Spring Saturday classes begin

March 31 – Cesar Chavez holiday, university closed

April 1 – Spring 2014 regular classes begin



ATTORNEY NIGHTS

Criminal, Personal Injury
Jan. 30 @ 5 p.m.

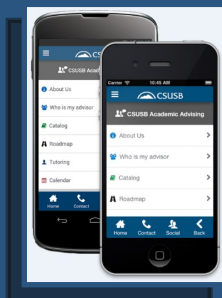
Family, Probate, Bankruptcy
Feb. 4 @ 5:30 p.m.

Immigration
Feb. 25 @ 5 p.m.

**Business, Probate, Real Estate,
Estate Planning, Collections,
Civil Litigation**
Mar. 6 @ 5:30 p.m.

To schedule an appointment:
Phone: 909.537.5936
Email: asi-clc@csusb.edu
Location: SMSU-108

<http://asi.csusb.edu/collegeLegalClinic/>



The CSUSB Advising App is now available!

- ♦ Who is my advisor?
- ♦ Degree roadmaps
- ♦ Tutoring locations
- ♦ Bulletin / Catalog
- ♦ GPA calculator
- ♦ Academic calendars





REMINDER

**Do you know
who your advisor
is?**

**Find out by
[clicking here!](#)**



Academic Resources

- [Academic Advising](#)
- [Library](#)
- [SAIL](#)
- [Faculty Student Mentor](#)
- [Campus Tutors](#)
- [EOP](#)
- [Ombuds Services & Gender Equity](#)
- [Writing Center](#)
- [Learning Center](#)
- [Undergraduate Studies](#)
- [Student Health Center](#)
- [Psychological Counseling Center](#)

Advising and Academic Services

UH-380 www.ugs.csusb.edu/advising/ 909.537.5034 or 909.537.5035

How can an advisor help me?

Advising and Academic Services is here to help you achieve and strengthen your understanding of the academic support that is available at CSUSB. Finding an academic advisor is critical for your success.

Seeking academic advising can be a very personal decision. As a student, you are deciding to let a person into your life planning who has the knowledge of graduation requirements, wisdom to best guide your path to achieve a degree, and provide the encouragement needed to overcome any obstacles faced. Trust may become major factor. You may ask yourself, will this faculty or professional staff advisor take care of me and provide me the accurate advice needed? Do not let this fear or doubt stop you from seeking an advisor. You always have a way to check the information given to you by reviewing your PAWS, contacting the Records, Registration and Evaluations Office, or meeting with a professional advisor in Advising and Academic Services.

Contact a faculty member in your department to be that positive guide to achieve your degree and perhaps encourage you to obtain a masters or doctorate degree. Additionally, you can get a better picture on the careers available in your field of study when you meet with a faculty advisor.

When it comes to your future, take control of the direction by letting those who are teaching, advising and mentoring at CSUSB give you strategies, tips and ideas.

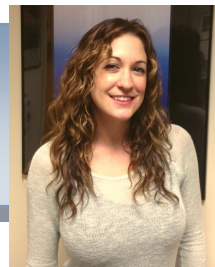
Wishing you all the best,

Raymond Navarro
Director, Advising and Academic Services



Congratulations to Our \$500 Fall 2013 Dianna J. Pelletier Resiliency Scholarship Winners!

"I am motivated to achieve and I want to be inspiring for other people who want to make positive changes." ~ Jeannette Jacques



"The challenges I had in the past are no longer challenges now. I mastered how to overcome my challenges and balance the time I need to succeed in my classes." ~ Wesley House



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Ask Michael: *Time Management*

Lack of time management and responsibilities can hinder student success. We asked admissions recruiter/counselor and CSUSB alumnus, Michael Harrison on improving time management skills.

Q: What is time management?

A: Time management consists of prioritizing activities and planning your time to make sure you can complete the responsibilities that you have.

Q: What are some tips when creating a weekly schedule?

A: Be realistic – don't try to conquer the world. Set reasonable goals and don't over pack your schedule

Be disciplined – a detailed schedule means nothing if you never follow it.

Be flexible – the weekly schedule is a guide. Do your best to follow it but don't stress out if you miss a day. Life is unpredictable and we don't control the universe. Allow yourself space to be spontaneous.

Q: Should I plan to study for every class every day?

A: It will be different for each student. However, it is best to study your material every other day. You can rest on it for a day and come back to it later and review. If it is a very difficult subject, you may need to increase the days that you study during the week.

Q: Should I really review my class notes the same day I take the notes?

A: Absolutely. In fact, if you have time to study directly after class, the information will still be fresh and you can reflect on the subject matter. If not, try to study your class notes the same day you take them.

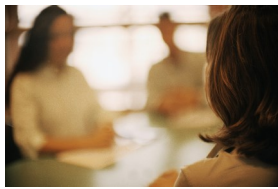
Q: Can I still have time for a social life?

A: Include some time for social life in your weekly schedule and don't be afraid to enjoy yourself. However, with all things, you want to keep a balance. Time management is about putting priorities first and being responsible.



CAMPUS TUTORING

**Not sure where to go for tutoring?
View the many tutoring locations on campus by [clicking here!](#)**



PSYCHOLOGICAL COUNSELING Center

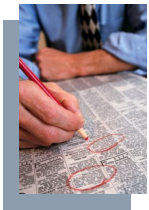
The **Psychological Counseling Center** provides counseling services to currently enrolled CSUSB students.

Services offered are strictly confidential. Common concerns include, but are not limited to: anxiety, depression, stress, trauma, loneliness, family concerns, etc.

Please call the Psychological Counseling Center at (909) 537-5040 for more information or to schedule an appointment.

Entrance to the Psychological Counseling Center is on the west side – east of the Pfau Library and north of the main Health Center entrance.

Psychological Counseling Center psychcounseling.csusb.edu/



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"Love Your Career " Week:

Feb.10 - 14, 2014

Winter 2014 CareerEXPO:

Feb. 12 from 10 a.m. to 2 p.m., SMSU Events Center

Education & Government Agency CareerEXPO:

March 13 from 4 p.m. to 7 p.m., SMSU Events Center

Walk-In Hours:

Monday - Thursday, 1 p.m. - 4 p.m.



What Can I Do With This Major?



"You can't stop the waves, but you can learn to surf."
~ Jon Kabat Zinn

Academic Resources

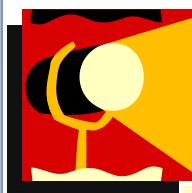
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REMINDER

**Spring 2014
Advising begins
Feb. 3!**

**See your advisors,
pick your classes,
and clear your
holds before your
priority
registration date!**



Spotlight on:

CCAMPIS

Child Care Access Means Parents In School



This program is made possible by the U.S. Department of Education “Child Care Access Means Parents in School” grant. CCAMPIS assists universities and colleges in improving and providing child care access for student parents. Our goal is to provide child care aid to as many student parents as possible.

1. Be Pell Grant eligible (this is determined simply by filing a FAFSA with the CSUSB Financial Aid Office prior to applying for child care scholarship aid).
2. Be an undergraduate student enrolled at least half-time (six units per quarter) at CSUSB for the term during which subsidies are sought.
3. Be a U.S. citizen or permanent resident.
4. Be the parent of a child/children aged six months to twelve years old, with the child/children having been claimed as a dependent on your previous year's federal tax return. (If child was not old enough to have been claimed on last year's tax return, a copy of the birth certificate will suffice).
5. Demonstrate financial need for this subsidy as determined by the CCAMPIS administration.
6. As a result of the Higher Education Opportunity Act of 2008 (HEOA), students enrolled in a graduate or first professional course of study and students in the United States for a temporary purpose are eligible to receive the benefits of CCAMPIS.

If you meet the above criteria and are interested in applying for the CCAMPIS grant please go to the Infant Toddler Lab School and/or the Children's Center to inquire about enrolling your child. Upon successful enrollment at the Infant/Toddler Lab School or the Children's Center, pick up an eligibility application for CCAMPIS from the SAIL office in UH-386. Be sure to apply during the quarter prior to the quarter in which you wish to receive funding. Applications stand for one academic year.

For more information, visit the CCAMPIS website, <http://ccampis.csusb.edu/> or call 909.537.7782



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Contact Us!

Advising & Academic Services

UH-380

909.537.5034 or 909.537.5035

askcsusb@csusb.edu

Winter Hours:

Monday - Friday, 8 a.m. - 5 p.m.

