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Spring 2024

## Graduate Studies Newsletter (Spring 2024)

CSUSB - Office Graduate Studies

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# Graduate Studies Newsletter

Spring 2024



California State  
University,  
San Bernardino



Graduate  
Studies



# Message from the Dean

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As I read through our spring 2024 issue of the Graduate Studies Newsletter, I'm both proud and amazed at our graduate students' many achievements. Research is clearly a priority on this campus; we've held our 13th Meeting of the Minds Student Research Symposium, our CSUSB Student Research Competition attracted 50 competitors (14 of which went on to the statewide competition), and in just a few years, our Grad Slam three-minute thesis competition has become a fixture on campus.

The student and alumni profiles in this issue show our graduate students following their passions and translating their knowledge into action. After developing a framework for more effective approaches for supporting English learners, Dr. Lisa Davenport is busy advocating for its adoption at her local community college. Christine Seeger has forged a pathway for an Interdisciplinary Studies program that explores both the science and public policies behind water quality issues and management, and alumnus Walker Beverly created a nonprofit transitional housing program for the formerly incarcerated. Make sure to read about their incredible achievements in the Student and Alumni Spotlights.

As we head into summer, take time to celebrate your own achievements and recognize how far you've come since embarking on your graduate program. Many of you share your research at professional conferences, publish in journals, and contribute your time and expertise in your organization or community. We would love to hear more about what you are up to! And let's not forget our recent graduates: Congratulations, Class of 2024!

Wishing you all the best as you celebrate life's milestones.



Caroline Vickers  
Dean of Graduate Studies

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# Wellness – It's Not Just about Good Health

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**Ah, spring-time.** With its long warm days and cool nights, I can honestly say that it's my favorite time of year. As I come out of winter hibernation mode I've started thinking more about wellness and health. I've been taking steps to cook healthier, lighter meals and have increased my physical activity. However, did you know that health and wellness are not the same thing and that wellness is about so much more than just physical health?

We may not hear it often but true wellness is an integration of healthy behaviors and actions in all areas of your life. These areas include social, emotional, physical, intellectual, financial, environmental, spiritual and occupational aspects of your life. You may also think of other areas that are important to you. All of these areas act and interact in ways that can directly affect the quality of your life and health.

- **Social Wellness** – Establishing and maintaining positive relations with family, friends, and co-workers.
- **Emotional Wellness** – Coping with the challenges of life and acknowledging and sharing feelings like fear, anger, sadness, love, joy and happiness in appropriate and productive ways.
- **Physical Wellness** – Maintaining a healthy quality of life by recognizing behaviors that have a significant impact on health. Adopting healthy behaviors like a balanced diet, getting enough sleep, exercise, wearing seatbelts, and avoiding habits that are destructive to health like using tobacco, alcohol, drugs, and aggressive driving.
- **Intellectual Wellness** – Having an open mind to new ideas, experiences, concepts and challenges that will contribute to lifelong learning.
- **Financial Wellness** – Managing income, expenses and budgeting in order to achieve your financial goals. Making informed decisions about balancing work and school and accruing debt.
- **Environmental Wellness** – Recognizing responsibility for the quality of air, water, and land within our communities and planet.
- **Spiritual Wellness** – Establishing peace and harmony between our beliefs, actions and values and finding meaning and purpose in our lives.

- **Occupational Wellness** – Achieving a balance between work and leisure, managing work-related stress and relationship building with your co-workers. It also includes examining what you love to do and exploring career options that are best for you.

All of the above-mentioned areas of wellness interact with one another, so it may be easier than you think to achieve greater wellness in your life. For example, when spending time with a good friend (social) try taking a walk of hike (physical). Being out in nature (environmental) can have a tremendous positive impact on health. Sharing ideas and experiences (intellectual and/or spiritual) may even provide you with ideas for your career (occupational) or help you more clearly define your life's purpose (spiritual). Start thinking about how you can achieve greater health, wellness, and balance in all areas of your life.

Wishing you wellness,



By April Lane,  
MPH, CHES

# 13th Annual 'Meeting of the Minds' Student Research Symposium

As part of CSUSB's annual Research Week, the Meeting of the Minds Student Research Symposium gives our student researchers a chance to share their research and creative projects with the campus community. The event features poster presentations, oral presentations, and artwork from both graduate and undergraduate students and alumni. Entries are judged by faculty and graduate students and the winners are recognized at the award ceremony. The April 11th event drew over 250 participants. While our hat is off to all those who submitted their posters, shared their artwork, or stood before an audience to present their findings, we'd like to give a special shout-out to our graduate student awardees:

## Poster Presentations

### Watson College of Education

Samuel Quarles, Samantha Poirier and Alexandra Amodeo

Faculty mentor: Roderick O'Handley

**Title:** *A Systematic Review Examining Effective Instruction Delivery and its Effectiveness for Improving Elementary School Student Non-Compliance.*

### College of Natural Sciences

Sarath Babu, Nathan Burnett and Amber Flores  
Faculty mentor: Swatantra Kethireddy

**Title:** *Assessment of Nitrate Levels in Southern California Water Sources: Implications for Community Health Disparities in San Bernardino, Riverside, Palm Springs, and Ontario.*

### College of Social and Behavioral Sciences

Alewa Anaya and Melissa Lopez Diaz  
Faculty mentor: John Clapper

**Title:** *Investigating the Relationships Among Breath Counting, Mood, and Heart Rate Variability in a Meditation-like Cognitive Task.*

## Oral Presentations

### Session 3

Alberto Rendon

Faculty mentor: Mihaela Popescu

**Title:** *The Social and Educational Impacts of Anime on Fans.*

### Session 5

Del Gerard

Faculty mentor: Michelle Russen

**Title:** *Blacks at the Top: Understanding Barriers and Facilitators to Hospitality Leadership.*

### Session 13

Stephanie Alfonso

Faculty mentor: Thomas Corrigan

**Title:** *Community Media Coalitions: Best Practices to Support a Healthy Local News Ecosystem.*

### Session 14

Negin Ghaffari

Faculty mentor: Christina Hassija

**Title:** *Resiliency Effects on Eating Habits and Adverse Childhood Experiences.*

Congratulations to this year's awardees! To learn more about Meeting of the Minds and how to participate next year, contact the Office of Student Research at [osr@csusb.edu](mailto:osr@csusb.edu).



# CSUSB Grad Slam: 2024

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The Office of Graduate Studies proudly hosted its 3rd annual Grad Slam: Three-Minute Thesis Competition on April 9th. The popular research communication competition serves as a key professional development opportunity for our graduate students. Students are asked to present their research in a TED Talk-like presentation and are evaluated by a panel of judges on both their delivery and the timing of the presentation.

This year's event was hosted by popular radio personality and CSUSB alum Anthony Donatelli. (KFROG listeners may know him as Anthony Frogatelli.) Anthony's lively energy kept the ball rolling as we heard from 12 outstanding graduate students.

## This year's competitors included:

- Alberto Rendon, Communication Studies
- Ramtin Ranjpour, Communication Studies
- Sarah D. LaGioia, English & Writing Studies
- Benjamin Roath, English & Writing Studies
- Shrishti Sharma, Information Systems and Technology
- Sakshi Verma, Information Systems and Technology
- Sri Latha Pravallika Alapati, Entrepreneurship and Innovation
- Audrey Millan, Ed.D in Educational Leadership
- Lisa Van Proyen, Special Education
- Alejandra Lujan, Psychological Sciences
- Kristof Csaba, Psychological Sciences
- Linda Rimel, Social Work



Our 2024 winners for the competition are:

### **Audrey Millan, 1st Place**

Research Topic: supporting BIPOC science teachers in K-12 schools

### **Alejandra Lujan, 2nd Place**

Research Topic: Methamphetamine addiction studies in rats as correlating to teen drug addiction.

### **Sarah LaGioia, 3rd Place**

Research topic: Grappling with AI and the integrity of academic writing.

Audrey and Alejandra will go on to represent CSUSB in the system-wide Grad Slam, hosted by CSU Long Beach, where they will compete against the school winners of our 23 sister campuses on May 3rd.

Congratulations to all our student competitors, and if you are interested in competing for next year's event, please keep an eye out for our information sessions, coming this fall!



# CSU Student Research Competition Winners

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The annual CSUSB Student Research Competition drew 50 competitors this year. Open to both undergraduate and graduate students, the February competition showcased student research on a wide range of disciplines, including psychology, kinesiology, communication studies, and history. Judges selected 14 students to advance to the prestigious statewide competition, which was held April 26-27 at Cal Poly San Luis Obispo this year.

## Stephanie Alfonso (Graduate Student)

Faculty Mentor: Dr. Thomas Corrigan

Major: Communications Studies

**Title:** Community Media Coalitions: How CMCs Can Bolster Democracy in the I.E. Communities.

## Negin Ghaffari (Graduate Student)

Faculty Mentor: Dr. Christina Hassija

Major: Psychology

**Title:** The Mediating Effect of Emotional Regulation in Relationship between Adverse Childhood Experiences and Food Addiction.

## Samuel Quarles, Alexandra Amodeo, and Samantha Poirier

Faculty Mentor: Dr. Roderick O'Handley

Major: School Psychology

**Title:** Examining the Methodological Rigor of Existing Research on the Effects of Effective Instruction Delivery on Non-Compliance in Elementary School Students: A Systematic Review.

**Congratulations to undergraduate Anthropology major Annabella Garcia, for winning 1st place at the 38th annual CSU Competition at Cal Poly San Luis Obispo!**

**Congratulations to our student researchers! Your hard work and dedication have paid off!**

## Name: Alfredo Ruiz Rivera

Faculty Mentor: Dr. Jason Burke

Major: Biochemistry

**Title:** Unraveling the Effects of Cancer Associated Missense Mutations in the Retinoblastoma Protein.

## Carolina Garcia

Faculty Mentor: Dr. Zhaojing Chen

Major: Kinesiology - Allied Health Professions

**Title:** Effects of BioDensity Training on Bone Adaptations in Young Women.

## Caty Gaynor

Faculty Mentor: Dr. Christopher Hill

Major: Kinesiology

**Title:** Understanding Motivation and Social Physique Anxiety Profiles.

## Katherine Bartels and Amelie Carballo

Faculty Mentor: Dr. Becky Talyn

Major: Biology

**Title:** The Effect of Glyphosate-Based Herbicides on *Drosophila melanogaster* Activity and Oviposition Behavior.

## Maira Lazaro and Daniel Alcerro

Faculty Mentor: Dr. Mahmood

Nikbakhtzadeh

Major: Biology

**Title:** Dietary Deficiency Effects on Oviposition and Reproductive Organs of Female *Culex quinquefasciatus*.

## Michael Rubalcava

Faculty Mentor: Dr. Ryan Keating

Major: History

**Title:** Race and Power in Colonial America.

## Annabella Garcia

Faculty Mentor: Dr. Matthew Des Lauriers

Major: Anthropology

**Title:** Changing Assumptions on Decorative Features of Defensive Technology in Experimental Archeology, Using Ichcahuipilli Armor.



*Amelie Carballo presents her work at the CSUSB Student Research Competition.*

# Colleges Announce Outstanding Graduate Students for Class of 2024

At the end of the academic year, each college recognizes an Outstanding Graduate Student. Graduate Studies would like to commend the following Outstanding Graduate Students for 2023-2024:

## **Jack H. Brown College of Business and Public Administration**

### **Olayinka Owoseni, Master of Business Administration**

Olayinka Owoseni is shifting from a career as a physician to business management and plans to start her own health-tech company. Her team represented CSUSB at the 60th Intercollegiate Business Strategy Competition, garnering awards.

## **College of Social and Behavioral Sciences**

### **Negin Ghaffari, M.A. in Psychological Science**

Negin Ghaffari is a Sally Cassanova Pre-Doctoral Scholar and served as a research assistant at both Cal State Northridge and U.C. Irvine. She will spend the summer at Yale University's PRIME lab before beginning her Ph.D. program at the University of Mississippi.

## **College of Natural Sciences**

### **Beyza Aktepe, M.S. in Nutrition Science**

Beyza Aktepe is an international student from Turkey who overcame the challenges of adapting to a new language and culture in the U.S. While at CSUSB, Aktepe served as a CalFresh Healthy Living intern and created nutrition programs for the campus. She plans to become a registered dietitian.

## **College of Arts & Letters**

### **Ramtin Ranjpour, M.A. in Communication Studies**

Ramtin Ranjpour will continue his education at the University of Oregon in the School of Journalism and Communication. Ultimately, he would like to become a university lecturer.

### **Sarah LaGioia, M.A. in English and Writing Studies**

Applied Linguistics and Public and Professional Writing  
Sarah LaGioia is a two-time alumna at CSUSB. Her M.A. in English and Writing Studies includes dual concentrations in applied linguistics and public and professional writing. She has taught English in Taiwan and values multicultural perspectives. She plans to be a writer and educator.

## **Watson College of Education**

### **Lisa Davenport, Doctorate in Educational Leadership**

Lisa Davenport teaches non-credit ESL courses at College of the Desert in Palm Desert. Her dissertation delves into the experiences of English learners in community college and provides recommendations on best practices for supporting them.

### **Romina "Mina" Wilson, M.A., Instructional Design and Technology**

Mina Wilson found that the online Instructional Design and Technology program at CSUSB aligned with her career goals while allowing her to juggle family responsibilities. Her research on generative artificial intelligence has been published and presented internationally. She is now applying to Ph.D. programs.



# Outstanding Doctoral Student Lisa Davenport

## Educator Lisa Davenport Named Outstanding Doctoral Student for Class of 2024

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Educational Leadership student Lisa Davenport was named the Watson College of Education's Outstanding Doctoral Graduate for 2024. Her dissertation, 'The Most Important Voices in the Room: Understanding the Academic Needs of US-Educated Latino English Learners in Higher Education' as well as her outstanding scholarship throughout her program, earned her unanimous approval and recommendation with distinction. She graduates with an Ed.D. in Educational Leadership in spring 2024.

Lisa Davenport currently teaches non-credit ESL courses at College of the Desert in Palm Desert; she earned her Master of Arts in Teaching English to Speakers of Other Languages (TESOL) at CSUSB in 2019. In fact, it was her TESOL mentor, Dr. Lynn Diaz Rico, who planted the idea of pursuing a doctorate in Davenport's mind. "At the time I laughed it off," she said, but she became restless during the pandemic and decided to apply to the Educational Leadership program. She entered her first doctoral classroom in 2021.

"It's one of those things where you don't know what you're getting into," Davenport said, "but I'm really glad I did it."

When writing her dissertation, Davenport's goal was to give voice to a population that often goes unheard - English learners. Her study examines Latino English learners' transition from high school to community college and the barriers they face in pursuit of higher education since the passage of AB 705. It includes recommendations for policy changes at the State level, as well as recommendations at the community college level made by the students themselves.

Her research methods included interviews with community college faculty, counselors, and EL students. But it was the students' experiences that intrigued Davenport the most.

"Students often aren't heard. It's the administrators and faculty who make decisions and impose them on students assuming that they're right, coming from their own view, their own lens of what education should look like without taking culture and language, maybe even things like disability and race, into consideration. And as a white person of privilege, it's critical for me to check that and reach out to students of color and say, 'What is it that you need? What is it that you've experienced? What is it that would help you be more successful here?'"



The English learners she interviewed reported that they do not feel safe speaking up on campus; many have experienced racism when their accents were revealed, or when they asked a question in class because they didn't understand the professor. They often viewed their multilingual abilities as a deficit rather than an asset. Getting the right counseling and being properly identified as an ESL student was also crucial to their success.

The students' recommendations for improving their experience at the community college level include adding more bilingual faculty, developing a first-year program dedicated to first generation immigrant students, creating a student club for bilingual students, and improving mentoring, and faculty support.

Davenport's dissertation is complete, but her work as an advocate for ESL students is far from over. This summer, she plans to meet with the president and vice president of College of the Desert to introduce the framework she developed and share her findings. With the help of her committee chair, Dr. Becky Sumbera, she hopes to publish her work in academic journals and share her framework at conferences. She is committed to amplifying the voices of English learners.

"Students need trust and they need linguistic security. When we provide these things to students in the framework I describe in my dissertation, the result is a student that leaves community college or leaves the CSU with more cultural capital than they came in with. Higher Education is not just about teaching reading, writing, and arithmetic. It's about creating students who become leaders in their communities, leaders in their jobs committed to social justice."



*Lisa Davenport at the Watson College of Education*

# Student Spotlight: Christine Seeger

## Graduate Student Christine Seeger Forges Her Own Path in Interdisciplinary Studies Program

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Seeger began her journey into higher education by taking night classes at community colleges while her daughters were young – ages 2 and 5. In a few years she racked up enough credits to transfer to CSUSB, and by spring 2022, she was crossing the stage in her cap and gown, eager to receive her undergraduate degree in Environmental Studies with a minor in Geology; she graduated with honors.

Interdisciplinary Studies student Christine Seeger's college pathway took some unexpected turns, but in the end, she is accomplishing much more than she ever expected when she set out on her journey toward a bachelor's degree. After high school, Seeger worked and started a family, postponing her initial plans for a bachelor's degree. But a milestone birthday put her back on track.

"When I turned 30, I decided it was time to go back to school and get my bachelor's degree," Seeger said. "I didn't know what I wanted to study at the time, I just knew I wanted to get my bachelor's and be an example to my two daughters."

Seeger is passionate about water quality issues, and after completing her bachelor's program, she decided to pursue a master's degree.

"I planned on getting a master's in environmental studies and focus on watershed and water quality issues, not only the science behind water quality but also the policies and land use decisions that influence water quality and availability," she said.

However, she found that few schools offer an advanced degree in environmental studies. Most, like CSUSB, offer a Master of Science in Environmental Sciences, with a focus on hydrology, physics, chemistry, or geology; these programs focus on the complex science of watersheds and hydrology but lack the public policy component. Seeger decided to accept an offer at a prestigious geography program at San Diego State University,

but the unexpected passing of her mother, as well as the time away from her two children due to the long commute, caused her to reevaluate her priorities. Unsure of what to do, she turned to her Coyote contacts.

"I reached out to Dr. Alford at CSUSB, and she suggested the M.A. in Interdisciplinary Studies," said Seeger.

CSUSB's Interdisciplinary Studies program allows students to craft their own course of study. This challenging program is not for everyone; it requires a high degree of self-discipline and motivation. Working with Dr. Alford and Associate Dean Caroline Vickers, Seeger identified courses that aligned with her academic goals.

"A program that blends hydrology, public policy, and geography, is the first of its kind. We are all hoping it can open doors to others who are looking for a master's in environmental studies that is interdisciplinary in nature."



## Master's Thesis

Seeger's thesis examines the effects of 'weather whiplash' (rapid shifts from drought to deluge) on water quality. Her study assesses water samples collected over the past few years in the San Bernardino National Forest and compares exceedances in water quality standards. She focused her study on the four headwaters for the Mojave watershed, which provides water for communities of Victorville and Hesperia.

"Taking an interdisciplinary approach, I'm also looking at land use, land cover, recreation, climate change – all these factors that may also influence water quality, as well as the role policies play in adaptive management," Seeger said. Her goal is to learn how to use scientific findings to influence future policy on watershed management.

## Plans for the Future

Seeger is finishing up her thesis and will graduate in August 2024. Now that her academic journey is ending, she plans to give back to the public education system by teaching at a local community college.

"The community college system helped me in my life, and it gives people a second chance at choosing a career path," Seeger said. "I'm passionate about trying to help people early in their school careers and serving this hardworking community."

Seeger is also thankful for the support she received at CSUSB.

"I would like to thank my amazing advisor, Dr. Jennifer Alford. She is the most student-centered professor I've met. And Dr. Grisham, for guiding me toward graduate study. And thank you to Caroline Vickers, who went out of her way to edit my proposal quickly and supported my request for an interdisciplinary program. I would not be here without their help."



*Christine Seeger volunteering in the San Bernardino National Forest*

# Alumni Spotlight: Walker Beverly

## Alumnus Walker Beverly Creates Nonprofit Dedicated to Transforming Lives

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Alumnus Walker Beverly, (M.A. in Communication Studies, 2018) used his master's project as a springboard to a new career. Combining his newfound knowledge with his past experiences, his graduate project includes a blueprint for developing a nonprofit transitional housing program for the formerly incarcerated. Today, Beverly is the founder of Advancing Steps, a nonprofit organization in Desert Hot Springs dedicated to helping formerly incarcerated individuals reintegrate into society.

Beverly initially set out to pursue a career in public speaking. Having experienced incarceration himself, he hoped to inspire others to choose a different path. "I wanted to speak to youth about being in trouble and how to avoid it," Beverly shared, reflecting on his original motivation. "I wanted to re-steer that behavior through conversation and motivational speaking."

The idea of creating a nonprofit took shape while developing his graduate thesis.

"During my second year of school, I really started to focus on formally incarcerated people and having discussions with my master's thesis Committee Chair Ahlam Muhtaseb, professor of media studies," he said.

Beverly's research resulted in his graduate project, *I Just Got Out. I Need a Place to Live: A Business Plan for Transitional Housing*. His project is available online in the thesis, project, dissertation archive at CSUSB Scholarworks. It has been downloaded more than 7,400 times.

"The appendix is actually a business plan to start transitional housing as a nonprofit," He said. "I've gotten calls from New York, Illinois, Georgia. I have a friend in Connecticut who read it and called, 'Hey man, come out here. Help me try to open something up out here.'"

Advancing Steps gained nonprofit status in 2019; their mission is to provide comprehensive support, ranging from cognitive behavioral therapy to workforce development. Their primary focus is on upskilling, emphasizing that higher education or trade skills are the best paths to achieving a living wage. Every client is expected to enroll in an educational or vocational program within the first six months. The pandemic slowed the program's progress, but providing transitional housing is still in the works.

"With the right support and the right opportunities, individuals can rebuild their lives and make a positive impact on their communities," Beverly said.

[Read More about Walker Beverly in Inside CSUSB](#)



Walker Beverly, Founder of Advancing Steps.

# Awards and Accolades

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## CSUSB Research Team Journeys to Antarctica

Graduate student Jacob Baker, undergraduate student Karina Ramirez, and Professor Claire Todd traveled to Antarctica this winter to study climate change. Their mission was to investigate loss of ice along the East Antarctic Ice Sheet (EAIS). This incredible research opportunity was funded by the National Science Foundation Office of Polar Programs; read more about this incredible experience in [Inside CSUSB](#).

## Social Work Students Awarded Grant

Fourteen graduate students from the School of Social Work were accepted into the California Department of Health Care Access and Information's new Public Behavioral Health Training Program. The program prepares grantees to work in challenging public behavioral health settings and provides training and \$25,000 grant for the academic year.

## Commitment to Community Engagement

CSUSB earned the 2024 Carnegie Community Engagement Classification – and the only California State University to receive the designation this year – from the American Council on Education and the Carnegie Foundation for the Advancement of Teaching. The classification recognizes institutions' exceptional commitment to community engagement and work to transform knowledge into meaningful action.

## Student Author Fights Illegal Fishing

Kudos to M.A. in Criminal Justice Student Kierston Viramontes, on coauthoring her first publication in an academic journal! Kierston's article, *Detecting Communities at High-Risk of IUU Fishing: Networks of Shadow Encounters in Area 81 of the Western Central Pacific*, appeared in the February issue of *Frontiers in Marine Science*.

## Graduate Programs Earn National Recognition

California State University, San Bernardino has again been named to U.S. News & World Report's 2024 Best Online Programs national ranking by securing the 44th position for its graduate criminal justice program and the 137th spot for its MBA program.

The online graduate criminal justice program ranked No. 4 in California after UC Irvine (No. 1 nationally), the University of San Diego (No. 22) and Cal State Long Beach (No. 30).

The online MBA program was No. 5 in the state in the U.S. News & World Report rankings, and the highest ranked California State University on the list.



CSUSB students Jacob Baker and Karina Ramirez were part of a research team studying the effects of climate change in Antarctica.

# Graduate Studies' Mental Wellness May

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May is Mental Health Awareness month, as well as the last month of the spring semester. Our Mental Wellness May series gave students a chance to check in with their bodies and prioritize some self-care as they readied themselves for finals week and the end of a busy semester.

From April 29 – May 2nd, graduate students put their academic pursuits on pause for an hour a day and took part in a variety of opportunities aimed at bolstering their well-being. Daily sessions included:

## **Goal Manifesting: 2024 Vision Boards**

Participants learned the fundamentals of creating a physical or digital vision board in this empowering and imaginative goal-setting session. The workshop began with a guided reflection designed to open the mind to inner dreams and goals. Students then created their vision boards, transferring their goals into a graphic representation.

## **Cookies and Chill**

Graduate Studies partnered with the Graduate Student Success Center to offer cookies and conversation as we wind down from the spring semester. Students enjoyed the chance to unwind with friends and enjoyed a light snack before classes.

## **Relax with CAPS**

We joined forces with the Counseling and Psychological Services department to offer some effective, accessible, and easy-to-practice relaxation techniques. Self-care does not have to be time-consuming or expensive. The most important part of self-care is to implement techniques that you can employ easily and conveniently. This workshop added new techniques to graduate students' wellness toolkit.

## **Observatory Walk**

Students took advantage of the warm weather and joined Graduate Studies on a walk to CSUSB's famed Murillo Family Observatory, located just behind campus. The group took in some gorgeous San Bernardino views along the paved one-mile path.

In case you missed it, a recording of the Mental Wellness May workshops are available on the Graduate Studies Events page: [csusb.edu/graduate-studies/events](https://csusb.edu/graduate-studies/events). Check it out, and take care of yourselves!



*Students join Grad Studies staff on a walk to the Murillo Observatory*

# Financial Wellness February Offered a Wealth of Information Events

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Financial Wellness February is a series of financial literacy workshops curated with graduate students in mind. The week of workshops, held February 12 – 16, is a collaborative effort between Graduate Studies, the Office of Financial Aid and Scholarships, CSUSB's Accounting and Finance Department, and the SMSU Financial Literacy Center.

This year's topics included:

## **Financial Literacy: Making Your Credit Score Work for You**

Presented by Francisco Burgos from the Office of Financial Aid and Scholarships, this workshop introduced the concept of financial literacy, with a focus on understanding credit scores and how to make them work best for you.

## **Jump Start: Budgeting, Inflation, and Your Relationship with Money**

Professor William Stevenson from our Accounting and Finance Department taught students to jump-start their relationship with money. Students learned best practices about budgeting, money management, combating inflation prices, and the education/income connection.

## **Student Loans vs. Retirement: Rectifying the Rift**

Wondering how to save for retirement while paying off student loans? Professor Maria Melecio from CSUSB's Accounting and Finance Department presented opportunities for retirement savings that can be utilized even while paying student loans. She also discussed new opportunities for investment via the SECURE 2.0 Act.

## **Finance Essentials for Small Businesses**

If you've dreamed of running your own business, this workshop is for you. The SMSU Financial Literacy Center discussed opportunities and tips for our Inland Empire small business owners, and introduced the resources available all year long with the FLC.

## **Funding Your Graduate Education**

Graduate Studies' own April Lane offered a wealth of funding opportunities available to graduate students at CSUSB, including grants, fellowships, and scholarships.

In case you missed it, workshop recordings are available on our Financial Wellness February page! Find them at [csusb.edu/graduate-studies/event-center](https://csusb.edu/graduate-studies/event-center).



# Calendar

## May

- 17 Commencement
- 17 Fall Open Enrollment Begins
- 18 Commencement
- 27 Memorial Day (campus closed)

## June

- 03 Summer Session Begins
- 19 Juneteenth Holiday (campus closed)

## July

- 04 Independence Day (campus closed)
- 08 Thesis Consultation Deadline
- 11 Thesis Submission Deadline

## August

- 01 Thesis Publication Deadline
- 02 Last Day of Open Enrollment for Fall
- 6-7 Summer Session Final Exams
- 10 Graduate Student Orientation
- 26 Fall Semester Begins



### Graduate Student Orientation: August 10th – Join us!

The Graduate Student Orientation is open to new and current students

Aug. 10, 9:00 am, SMSU South

Register online:

<https://www.csusb.edu/graduate-studies/events/graduate-student-orientation>.

### Considering a Master's or Credential?

Ask Erma! Contact Erma Cross at (909) 537-4395 or catch her at an upcoming event!

### Need Help Completing the Graduate Application?

**We have a workshop for that!**  
Our Cal State Apply Workshops are offered monthly, including summer



Office Of Graduate Studies  
Watson College of Education, 356 California State  
University, San Bernardino  
(909) 537-5058      gradstud@csusb.edu  
csusb.edu/graduate-studies



Graduate  
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See [csusb.edu](https://www.csusb.edu) for the most up-to-date information.