September 2018

HSS THEME FLOOR NEWSLETTER

Your First Month’s Survival Guide

Juniper 2nd
ONCE A TITAN

ALWAYS A TITAN
I hope everyone has had an enjoyable first couple of weeks here at Cal State Fullerton! I am pleased to share with you the first HSS Themed-Floor Newsletter of the year!

As the year continues, I hope you use these newsletters to get involved in all the amazing opportunities and events that Humanities and Social Sciences, as well as Cal State Fullerton, holds for you.

Every month there will be a different theme, different checklists, tips, important dates, events, interviews, and columns, and we will soon announce the Assistant Editor who will play an active roll in design and content!

As you go through the newsletter, pay special attention to the “Mark you Calendar” section and the “Checklist” section on the last page!

Go Titans!

Ruth Calcanas
Welcome to the College of Humanities and Social Sciences (HSS) floor! I am thrilled to serve as your Assistant Dean for Student Affairs and look forward to supporting your academic, professional, and personal success through housing. By living on the HSS floor, you will have the opportunity to connect with HSS peers, staff, faculty, and administrators. We are working very hard to facilitate programs that will help your success and look forward to seeing you soon!

Connie Moreno Yamashiro
HSS Assistant Dean for Student Affairs

Welcome to the College of Humanities and Social Sciences! I hope that your first semester is off to a great start. This will be an exciting year, with returning favorites (HSS Fall Welcome on September 11 and the Study Abroad Fair on September 13), and lots going on across campus, in the College, and in your departments. I look forward to meeting you soon!

Lynn Sargeant,
Associate Dean for Student Relations, HSS

Welcome to Cal State Fullerton and the HSS Themed-Floor! I am very excited to meet and work with all of you as the HSS Themed-Floor Graduate Student Assistant. You will soon find out that this new year will bring you independence, happiness, confidence, tears, and strength, and we hope we can contribute to your memories by providing you with the support you need!

Ruth Calcanas
Graduate Student Assistant

Hello everyone,

I want to take this time, to welcome all of you to CSUF. It is wonderful to have you on the H&SS floor. Please remember you are not alone on your educational journey, we are here for you.

Prof. Alexis
Adjunct Lecturer, African American Studies
THE CHICANA & CHICANO RESOURCE CENTER
FALL 2018 CALENDAR

12  CRC Welcome Social & Community Gathering
    Thursday, 9/13 | CRC Room 420 | CRC (PLS 180)

25  Ni de Aquí, Ni de Allá: Reworking our Queer & Latinx Identities
    5-6 pm | CRC (PLS 180)

9  Fiestas Patrias: Learning our Histories & Celebrating Cultures
    4-6 pm Spanish Dance

10  Beyond the Korean Taco: Indigenous Pacific Islander and East American & Latinx Histories
    5-7:30 pm | CRC Room 400 | CRC (PLS 180)

8  Central American Social
    5-6 pm | CRC (PLS 180)

14  Al Tanto: Latinx Community Symposium
    5-7:30 pm | CRC (PLS 180)

For more information contact crc@fullerton.edu

TITAN DREAMERS RESOURCE CENTER
FALL 2018 CALENDAR

September
9/04  Welcome Back Week begins | TDRC (PLS 180)
9/10  Undocumented & Unafraid | 4 to 5 pm | TDRC (PLS 180)
9/13  What’s up with DACA? | 1 to 2 pm | TDRC (PLS 180)
9/20  Know Your Rights Workshop | 1 to 2 pm | TDRC (PLS 180)

October
10/08  Undocumented & Unafraid | 4 to 5 pm | TDRC (PLS 180)
10/09  CA Dream Act Workshop | 2 to 3 pm | TDRC (PLS 180)
10/18  Families Belong Together Panel | 12 to 1 pm | ERCC (PLS 180)
10/20  DACA Chat | 11 to 12 pm | CRC (PLS 180)
10/31  Undocumented Graduate School Panel (12 to 1 pm | TDRC (PLS 180)

November
11/01  ANF Undocumented Experiences | 1 to 2:30 pm | CRC (PLS 180)
11/05  Undocumented & Unafraid | 4 to 5 pm | TDRC (PLS 180)
11/09  CA Dream Act Workshop | 2 to 3 pm | TDRC (PLS 180)
11/17  Immigration Legal Clinic | 1 to 2 pm | CRC (PLS 180)

December
12/01  The Art of Wellness | 1 to 2 pm | TDRC (PLS 180)
12/03  DACA Chat | 11 to 12 pm | CRC (PLS 180)
12/10  Undocumented & Unafraid | 4 to 5 pm | TDRC (PLS 180)

For more information: TDRC@fullerton.edu

HSS Fall Welcome
Explore Majors and Minors

HSS Fall Welcome
Tuesday, September 11
11:00 am - 1:00 pm
HSS Quad

AARC WELCOME BACK CELEBRATION
MONDAY / 09.10.18 | 11AM - 1PM
AFRICAN AMERICAN RESOURCE CENTER POLLOCK LIBRARY SOUTH 180

Come See the New Space! Engage with Students, Faculty & Staff Enjoy Light Refreshments Participate in an Opportunity Drawing

Contact: houses fuller.com | 714-525-2250

FULLERTON COLLEGE
College of Humanities and Social Sciences

FULLERTON COLLEGE
College of Humanities and Social Sciences
LGBTQ Welcome Back
Lunch & Resource Fair!

Join us for our annual welcome back lunch and resource fair! Take the time to make new friends, see old friends, meet staff and faculty, learn about what's in store for the year, and get connected to resources!

Tuesday, September 11, 2018
12 – 2 pm | TSU Pavilion A

Accommodations, Information, and Questions: lgbtq@fullerton.edu | (657) 278-4210 - www.fullerton.edu/lgbtq
WELLNESS WORKSHOPS

Counseling & Psychological Services, Cal State Fullerton
fullevent@csuf.EDU/taps
657-278-3949

*Respite*

Learn how your thoughts and feelings affect your physical health.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Facilitator</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/1/18</td>
<td>11am</td>
<td>Dr. H. Kulp &amp; Shalene Ackermany</td>
<td>SHGCC-East, Main Conference Room</td>
</tr>
<tr>
<td>3/8/18</td>
<td>2pm</td>
<td>Dr. H. Kulp &amp; Shalene Ackermany</td>
<td>SHGCC-East, Main Conference Room</td>
</tr>
<tr>
<td>3/15/18</td>
<td>1pm</td>
<td>Dr. H. Kulp &amp; Shalene Ackermany</td>
<td>SHGCC-East, Main Conference Room</td>
</tr>
<tr>
<td>3/22/18</td>
<td>2pm</td>
<td>Dr. H. Kulp &amp; Shalene Ackermany</td>
<td>SHGCC-East, Main Conference Room</td>
</tr>
<tr>
<td>3/29/18</td>
<td>1pm</td>
<td>Dr. H. Kulp &amp; Shalene Ackermany</td>
<td>SHGCC-East, Main Conference Room</td>
</tr>
</tbody>
</table>

*Mind*

Learn how to understand and accept your emotions. Develop skills to enhance positive mental and emotional experiences.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Facilitator</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/6/18</td>
<td>11am</td>
<td>Dr. H. Kulp &amp; Shalene Ackermany</td>
<td>SHGCC-East, Main Conference Room</td>
</tr>
<tr>
<td>3/13/18</td>
<td>2pm</td>
<td>Dr. H. Kulp &amp; Shalene Ackermany</td>
<td>SHGCC-East, Main Conference Room</td>
</tr>
<tr>
<td>3/20/18</td>
<td>1pm</td>
<td>Dr. H. Kulp &amp; Shalene Ackermany</td>
<td>SHGCC-East, Main Conference Room</td>
</tr>
<tr>
<td>3/27/18</td>
<td>2pm</td>
<td>Dr. H. Kulp &amp; Shalene Ackermany</td>
<td>SHGCC-East, Main Conference Room</td>
</tr>
<tr>
<td>4/3/18</td>
<td>1pm</td>
<td>Dr. H. Kulp &amp; Shalene Ackermany</td>
<td>SHGCC-East, Main Conference Room</td>
</tr>
<tr>
<td>4/10/18</td>
<td>2pm</td>
<td>Dr. H. Kulp &amp; Shalene Ackermany</td>
<td>SHGCC-East, Main Conference Room</td>
</tr>
</tbody>
</table>

*Thought*

Learn how your thoughts impact your mood and behavior. Use skills to modify negative thoughts and behaviors.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Facilitator</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/2/18</td>
<td>2pm</td>
<td>Dr. H. Kulp &amp; Shalene Ackermany</td>
<td>SHGCC-East, Main Conference Room</td>
</tr>
<tr>
<td>3/9/18</td>
<td>1pm</td>
<td>Dr. H. Kulp &amp; Shalene Ackermany</td>
<td>SHGCC-East, Main Conference Room</td>
</tr>
<tr>
<td>3/16/18</td>
<td>2pm</td>
<td>Dr. H. Kulp &amp; Shalene Ackermany</td>
<td>SHGCC-East, Main Conference Room</td>
</tr>
<tr>
<td>3/23/18</td>
<td>1pm</td>
<td>Dr. H. Kulp &amp; Shalene Ackermany</td>
<td>SHGCC-East, Main Conference Room</td>
</tr>
<tr>
<td>3/30/18</td>
<td>2pm</td>
<td>Dr. H. Kulp &amp; Shalene Ackermany</td>
<td>SHGCC-East, Main Conference Room</td>
</tr>
<tr>
<td>4/6/18</td>
<td>1pm</td>
<td>Dr. H. Kulp &amp; Shalene Ackermany</td>
<td>SHGCC-East, Main Conference Room</td>
</tr>
</tbody>
</table>

*Body*

Learn about yoga and meditation techniques to help improve your sleep.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Facilitator</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/4/18</td>
<td>2pm</td>
<td>Dr. H. Kulp &amp; Shalene Ackermany</td>
<td>SHGCC-East, Main Conference Room</td>
</tr>
<tr>
<td>3/11/18</td>
<td>1pm</td>
<td>Dr. H. Kulp &amp; Shalene Ackermany</td>
<td>SHGCC-East, Main Conference Room</td>
</tr>
<tr>
<td>3/18/18</td>
<td>2pm</td>
<td>Dr. H. Kulp &amp; Shalene Ackermany</td>
<td>SHGCC-East, Main Conference Room</td>
</tr>
<tr>
<td>3/25/18</td>
<td>1pm</td>
<td>Dr. H. Kulp &amp; Shalene Ackermany</td>
<td>SHGCC-East, Main Conference Room</td>
</tr>
<tr>
<td>4/1/18</td>
<td>2pm</td>
<td>Dr. H. Kulp &amp; Shalene Ackermany</td>
<td>SHGCC-East, Main Conference Room</td>
</tr>
<tr>
<td>4/8/18</td>
<td>1pm</td>
<td>Dr. H. Kulp &amp; Shalene Ackermany</td>
<td>SHGCC-East, Main Conference Room</td>
</tr>
</tbody>
</table>

Location: SHGCC-East, Main Conference Room
Note: All workshops are Drop-In, no sign-up necessary.
Students needing workshops in attendance must arrive within 10 minutes of start time.

The Art of Wellness

No experience, materials, or artistic ability required!
Fall 2018 Schedule:

Wednesdays
12 p.m. — 1:15 p.m.
9/19 Coloring for Adults
9/26 Positive Collaging
10/3 Kindness Rocks
10/10 Origami
10/17 Zentangles
10/24 Poetry in Motion
10/31 Clay Play
11/7 Create a Postcard
11/14 Permission Slips

Stressed out? Need to unwind?
Join us for a relaxing, fun, creative wellness activity
Drop in for all or part of any session
CSUF Student Wellness, SHGCC-East Conference Room
(657) 278-3949 fullevent@csuf.EDU/taps
September Checklist!

- Sign up for meeting with Ruth
- Attend floor meeting on September 10 at 7 p.m. in the Active Room
- Go to a Drop-in Fitness class at the SRC
- Attend an event on campus
- Finish setting up your room
- Visit a professors office hours
- Participate in class
- Visit the HSS Housing Website for updates: http://hss.fullerton.edu/students/themedhousing.aspx

* Make sure to complete all of these things by the end of September. It will make your year a lot easier as it goes along!