Transfer Student Success Summit

Academic Engagement and Student Achievement

Thursday, July 13, 2017

Peterson Gym 153
Welcome to San Diego State University!

Today is a day when you can learn about the critically important academic programs that will make your time at SDSU one that will launch you into a career or graduate program to fulfill your dreams. The name of our Division reflects what you will explore today – how to be academically engaged and achieve success! As a transfer student, which I was as well many years ago, we want to be sure you are prepared to move into the kind of activities that are appropriate for your academic level so that you can complete your degree and participate in all that SDSU has to offer in a timely fashion.

It all starts now!

Norah P. Shultz, Ph.D.
Associate Vice President for Academic Affairs – Student Achievement
Division of Academic Engagement & Student Achievement
Welcome to San Diego State University (SDSU) -- we are glad you’re here!

At SDSU we welcome transfer students at all stages of their college careers. The university greatly values the diverse backgrounds and experiences transfer students bring to SDSU with students coming to us from community colleges, other colleges and universities, all over California, surrounding states, and other countries. We understand that starting at a new college is exciting and can be challenging, so today’s Transfer Student Success Summit was designed to connect you to campus resources, faculty & staff, and experiential opportunities earlier, so that we can help you strengthen your pathway to academic and career success.

Congratulations on your decision to pursue your degree here at SDSU, and welcome to our community! Please contact the Transfer Student Outreach Alliance if you have any questions at tsoa.aesa@sdsu.edu.

We look forward to meeting you and assisting you during this transitional period, and wish you the best during your academic career at SDSU!

Michelle Lopez, M.A.
Assistant Dean
Division of Academic Engagement & Student Achievement
TRANSFER STUDENT SUCCESS SUMMIT PROGRAM
AGENDA

Thursday, July 13, 2017
10:00 am - 4:00 pm
Peterson Gym, SDSU

9:15 am - 9:50 am
Registration
Check in at table in front of Peterson Gym

10:00 am
Welcome, Michelle Lopez, Assistant Dean, Division of Academic Engagement & Student Achievement (DAESA)
Adviser, Transfer Student Outreach Alliance Student Organization

10:15 am
Dr. James Tarbox, Executive Director, Career Services & Heather LaPerle, Campus Internship Coordinator
“Engagement in Internships and the Aztec Mentor Program”

11:00 am
Inemesit (Ine) Williams, Assistant Director, Study Abroad Office
Study Abroad Opportunities

11:35 am
Student Reflection Questions
(Lunch boxes will be dropped off while you reflect on a few questions)
Student reflections will be collected. Please write your full name and RED on your reflections.

11:45 am
Networking session over lunch
with your College Assistant Deans & College Professionals
(come ready to ask questions about your major, student organizations related to your major, and other questions you are curious about that have not been covered yet)

12:30 pm
Dr. Lisa Kath, Professor of Psychology and Director of Undergraduate Research
“Undergraduate Research:
“Faculty mentorship via engaging in undergraduate research opportunities”

1:15 pm
Dr. Martha Enciso, Associate Director, Weber Honors College
“The honors community at SDSU”
1:30 pm
Jose Preciado, MAT, Director, Academic Engagement Programs
“Service-Learning Courses, Common Experience, General Studies Internship Opportunities”

2:00 pm
Michelle Lopez, M.A., Assistant Dean, DAESA
“Scholarship Opportunities”

2:30 pm
Transform Your College Experience Via Early Campus Engagement Current & Alumni Panel
Hear directly from students who transferred to SDSU and their personal experiences

3:15 pm
Michelle Lopez, Assistant Dean, DAESA and Professor Jaye Van Kirk, San Diego Mesa College
“Graduate School or Direct Employment: What’s your goal?” Closing Remarks

3:30 pm
General Q & A and Students Complete Evaluations
Help us better help you!
We can’t advocate for more funding to support transfer students without your feedback. Please do not leave until you complete your form.

Pick up your free Academic Planner after submitting your Student Engagement & Reflection Questions AND Summit Evaluation to Logan Watson or Kayla Matthews
This is good for your 17-18 academic year (valued at $25)

Michelle will be around until 4:30 pm to answer individual or group questions.

Please call 619-594-5842 or email tsoa.aesa@sdsu.edu BEFORE Thursday July 13 if you have specific questions.

The day of the event we will be at Peterson Gym and will not be checking messages.
91% of transfer students persist from their first year to their second year of undergraduate study

Transfer students are highly successful at SDSU when they do the following and earlier:

* Reflect on strengths and interests
* Realize their goals
* Connect to major advising and main campus academic advising
* Complete at least 15 units per semester
* Utilize all academic and social supports to support their success
* Engage in the “right” kinds of activities that match their interests and goals (be intentional about what you participate in)
Michelle Lopez, M.A.
Assistant Dean
Division of Academic Engagement & Student Achievement
mlopez@mail.sdsu.edu

Michelle serves as the Assistant Dean in the Division of Academic Engagement & Student Achievement. Prior to this role, Michelle directed the SDSU College of Sciences Initiative for Maximizing Student Development (IMSD) Program (1999 - 2012) and consulted for the San Diego Mesa College Bridges to Baccalaureate Program, both which provided underrepresented students year-round research training and mentorship, facilitating student acceptance to biomedical/behavioral science graduate school programs. As Assistant Dean, Michelle served as the faculty adviser for undeclared students (2013 - 2016), and is currently the founder and lead of the Transfer Student Outreach Alliance student achievement initiative, serves as faculty adviser to Gates to Success (first generation college student organization), oversees National Scholarships & Fellowships (Truman, Udall, Goldwater scholarships), and leads the Pre-Graduate school component to support students from all disciplines preparing for advanced-degrees. Her special interests include transfer student persistence and retention, retention of underrepresented minorities in Science, Technology, Engineering and Science, and academic engagement and performance of first-generation college students.

James Tarbox, Ph.D.
Executive Director, Career Services Center
http://career.sdsu.edu

James J. Tarbox, Ph.D. serves as the Executive Director for Career Services at San Diego State University (SDSU). SDSU Career Services functions as the central campus career center, partnering with the Colleges that make up the campus. James is the campus co-administrator of the award-winning campus WorkAbility IV program at SDSU, and teaches on campus. He also serves as Chair for the Campus Internship Working Group, which is part of the campus strategic plan, Building on Excellence. He is the co-chair of the Leadership Advancement Program for the National Association of Colleges and Employers. He served recently as the Chair for Education & Workforce Development Policy Committee for the San Diego Regional Chamber of Commerce. He is a past president of MPACE (Mountain Pacific Association of Colleges and Employers, www.mpace.org) and a founding member of the leadership development team for career center directors, is an active member of the National Association of Colleges and Employers (www.nacweb.org), and served for three years on the editorial board for the Journal of Student Affairs Research and Practice of NASPA (www.naspa.org). James is an alumnus of Penn State University (M.A. and Ph.D.) and Bates College (B.A. with Honors).
**Heather LaPerle**  
Campus Internship Coordinator, Career Services Center

Heather is the Campus Internship Coordinator in Career Services at San Diego State University. In her position, Heather has 3 focus areas: supporting administration of campus internship programs, facilitating internship involvement throughout SDSU’s diverse student body, and advocating for quality student internship experiences with university staff, faculty, and community partners. Heather has worked at SDSU for 11 years in various offices including the Academic Advising Center, Compact Scholars Program, the Business Advising Center and Career Services. Heather is a proud Aztec for Life. She earned her undergraduate degree in Recreation Administration with an Emphasis in Outdoors and her graduate degree in Postsecondary Educational Leadership with an Emphasis in Student Affairs. Additionally, she is certified in the Myers-Briggs Type Indicator, which is a personality assessment and she is the advisor for the student organization, Compact Scholars Student Association.

**Inemesit Williams, M.A.**  
Assistant Director, Study Abroad Office  
International Student Center  
http://www.sdsu.edu/studyabroad

Inemesit “Ine” Williams, M.A. serves as the Assistant Director for the Study Abroad office at the San Diego State University (SDSU) International Student Center (ISC). The SDSU Study Abroad office is one of the first stops on campus for students interested in an international experience, which can include study, internship, volunteer, or research opportunities abroad. Ine’s personal goal at SDSU is to make sure ALL students are aware that they have the opportunity and ability to engage in affordable international experiences that can help them develop their academic portfolio and preparation for their future career paths. Ine studied abroad in Canada, Costa Rica, and Honduras. Most recently, she worked abroad in Shanghai, China for 3 years. She is a native of the SF Bay Area, an alumna of the University of California, Santa Cruz (B.A. Biology) and San Jose State University (M.A. Counselor Education) and she is grateful and proud that the skills she learned from studying, living, and working abroad can be applied every day in her career and in life.

**Lisa Kath, Ph.D.**  
Director of Undergraduate Research and Creative Activities  
San Diego State University

Dr. Kath is the new Director of Undergraduate Research and Creative Activities at San Diego State University. She has a strong research program in industrial-organizational (I-O) psychology with emphases on worker stress and safety as well as issues of workplace harassment and discrimination. She has a long-time commitment to undergraduate instruction, having taught all three undergraduate classes in I-O psychology at SDSU and served as a speaker in Careers in Psychology classes or Psi Chi meetings at both 4-year institutions (SDSU, UCSD, and USD) and community colleges (Miramar, San Diego City College, and Mesa). She has mentored 32 undergraduates in her research lab and served on 6 undergraduate honors thesis committees since she started at SDSU in Fall 2006. Three of her undergraduate research assistants were McNair Scholars, and 12 have presented at local and/or national research conferences.
Jose Preciado, MAT
Director of Academic Engagement Programs &
Campus Director for Community Engagement
Division of Academic Engagement and Student Achievement
http://dus.sdsu.edu/dus/academicengagement/

Jose Preciado serves as the Director of Academic Engagement Programs in the Division of Academic Engagement and Student Achievement providing leadership and administrative direction for the Faculty-Student Mentoring Program, the Service Learning and Civic Engagement Program, the Learning Pathways Program, the General Studies Internship Program, and the Common Experience Program. The Academic Engagement Programs offer high impact educational learning opportunities through courses in service learning, undergraduate research, study abroad, learning communities, internships, and shared intellectual experiences. These increase faculty-student interactions, deepen student learning, and lead to advanced student achievement. Jose also serves as the Campus Director for Community Engagement. Jose is an alumnus of SDSU with a Bachelors of Liberal Arts and Sciences and Masters of Arts in Teaching.

Martha Enciso, Ed.D.
Associate Director, The Weber Honors College
sdsu.edu/honors

Dr. Martha Enciso serves as the Associate Director for the Weber Honors College at San Diego State University (SDSU). In her role, she advises students on national scholarships and fellowships as well as high impact practices. Dr. Enciso teaches various courses in the Honors College focusing on identity, high impact practices, and a senior capstone course. She has experience working in cultural centers, international education, student retention, diversity initiatives, and with first generation college students as well as transfer students. Dr. Enciso presents her work nationally and serves on the National Association of Student Personnel Administrators (NASPA) Latinx/a/o national leadership team and the NASPA Region VI Southern California Advisory Board. Dr. Enciso is a three time Trojan having earned all her degrees at the University of Southern California. She received her Ed.D. in Educational Leadership, Masters of Education in Postsecondary Administration and Student Affairs, and a Bachelor of Arts degree in Sociology.

Jaye Van Kirk, M.A.
Professor of Psychology
San Diego Mesa College

Jaye Van Kirk, M.A., M.A. is a faculty member in Psychology at San Diego Mesa College. Her background in Psychology and Zoology highlight her sub-discipline area interests in psychobiology, comparative psychology and conservation science. She has extensive leadership and mentoring experience at regional and national levels as Past-National President of the Psi Beta National Honor Society for Psychology Students at Community Colleges. She is passionate about providing discipline and career mentoring to diverse student populations. She has helped her mentees successfully transition to SDSU. As Co-PI for the Bridges to the Baccalaureate Program, she mentored underrepresented students to navigate the pipeline from the A.A. to the Ph.D. in STEM. She received 3 regional and 6 national awards for excellence in teaching and mentoring. Her collaboration with students, staff, faculty and administrators at SDSU has maintained an important connection between San Diego Mesa College and San Diego State University for student success.
Transform your College Experience via Early Campus Engagement
TSOA supports and advances the success of transfer students by connecting students directly to campus resources and promoting early engagement in high-impact practices such as leadership, internships, service learning, study abroad, and/or undergraduate research.

Today’s current student or alumni panelists will share how they participated in these various opportunities, what they gained from their participation, how they forged effective partnerships with mentors and advisers and how they coped with the transition to maximize their success at SDSU.

**TSOA Email:** tsoa.dus@mail.sdsu.edu

Josue Baltezar, B.S., Business Administration (Management)
**Minor:** Art
**Transfer College:** Southwestern Community College
Josue earned his Bachelor’s degree in Business Management, with a minor in Art from SDSU. He attended Southwestern Community College in Chula Vista where he developed a passion for art and entrepreneurship, which led him to apply to SDSU where he felt he could best combine his passions and develop the necessary business skills.

In his first semester at SDSU, he applied to study abroad in Marseille, France, at KEDGE Business School through an SDSU Exchange program. He took 12 units of upper division courses during spring semester of 2014, and came back to SDSU with a fresh global perspective and invaluable new friendships from around the world.

Josue hopes to work at SDSU in Student Services, where he can help students that were once in his shoes. His passion for art is another factor in his job search, as he would love starting a career in graphic design further down the road.”

“I’m sure I can speak more about the benefits of study abroad in the panel. Hope this isn’t too long! Please let me know if there’s any changes to make or anything else to add.

Manuel Gonzales
**Transfer College:** San Diego Mesa College
Manuel Gonzales, B.A., Psychology with a minor in Public Health

Manuel Gonzales is a first-year transfer student majoring in Psychology with a minor in Public Health. Manuel transferred from San Diego Mesa College with an Associates of Arts for Transfer degree in Psychology in Fall 2016. During the summer before his transfer, Manuel was accepted into the SDSU/UC San Diego Joint Creating Scientists in Cancer Disparities Program. This program is a summer long immersion program that places students into research labs prior to attending the university, in which Manuel was selected to be an undergraduate research assistant in the Body Image, Sexuality and Health (BISH) Lab. Since then, Manuel was also selected to be a scholar in the Initiative for Maximizing Student Development (IMSD) Program, which is a program that helps underrepresented students develop into young scientists in hopes of pursuing a graduate degree in research.

Recently, Manuel had the honor of receiving the prestigious Sally Casanova Pre-Doctoral Scholarship, which gives students from CSUs money and resources to go straight to Doctoral studies after completing their undergraduate studies. Outside of research, Manuel is a Peer Leadership Consultant through the Student Life and Leadership Department. PLCs are trained through the department to give workshops on various topics to all the organizations on campus. Manuel is also completing the Leadership Certificate through the Student Life and Leadership Department. Manuel plans on graduating in 2019 and applying straight to a PhD program in Clinical Psychology. Manuel’s hobbies include being physically active and eating.
Kayla Matthews, Business Administration (Marketing)
Transfer College: North Park University, Illinois

Kayla Matthews is going into her second-year transfer student at SDSU. Although she came in as an International Business student she switched her major the previous year to Integrated Marketing and Communications. In her first year at San Diego State University, Kayla has involved herself with Resident Student Housing (RHA) as a President of Hall Council and as a mentor for the College of Business with Transfer Student Outreach Alliance. During the summer through the support of the Career Services on campus, Kayla was able to find an internship in the San Diego area. Before coming to SDSU, Kayla attended North Park University in Chicago, Illinois with a major in International Business and emphasis in Spanish.

Logan Watson, B.A., Psychology
Transfer College: San Diego Mesa College

Logan Watson is a San Diego State University Alumnus who graduated with a Bachelors of Arts, Psychology Degree in 2016. He transferred from San Diego Mesa College with an Associates of Arts, Psychology degree in 2013. As a Nursing Premajor at Mesa College he found his passion for the Psychological Sciences and pursued the Psychology major upon transfer. During his first year at SDSU, he visited the Psychology Undergraduate Peer Advising Office and found the students so helpful that he became a Psychology Undergraduate Peer Advisor himself. Additionally, he immediately became involved with the Psychology Mentor, Outreach, and Education as a Lecturer and Mentor to community college students. Through his work, teaching assistantship, and research with Dr. Katherine Turner, Associate Director of Psychology Undergraduate Advising, he found his lifelong passion for helping students utilize university resources and customizing their educations around their passions. Through his experience with student services, he developed and directed the Psychology Major Advising Program, which brings presentations from trained Peer Advisors about psychology major and minor requirements and psychology major resources directly to the classrooms of local community colleges. During his first semester at S.D.S.U., Logan faced financial hardship and was forced to acquire two jobs to help support his parents while attending classes full time for the duration of his undergraduate education but with the support of the Psychology Undergraduate Advising staff, Financial Aid staff, and his community college mentors he was able to successfully graduate from San Diego State University. If he had one piece of advice for prospective transfer students it would be don’t be afraid of the unknown. Embrace the change of transferring to a university and take proactive steps to utilize all of the caring and kind faculty and staff who are passionate about helping all of our students. His one wish is to have been involved in all of these supplemental educational opportunities sooner and hopes that other students will explore these as soon as possible. Logan is currently seeking a position as a student services professional to give back to San Diego State University and perpetuate the idea that higher education is attainable for all students.
Pej Zaimaran, BA, Geography (Foundations of Geography)
Transfer College: San Diego City College

Pej graduated this last May 2017, studying Foundations of Geography. Pej was a member of several organizations across campus and in the community. She served as the Marketing Director for the Transfer Student Outreach Alliance. In addition, she was an active member of the Enviro-Business Society, the Student Association of Environmental Professionals Outreach San Diego State Chapter and she also served as a member of the Co-Ed Fraternity Delta Beta Tau. Pej has been a Realtor for 13+ years and a member of several local, state and national Ethics Boards and also is currently working for San Diego County Health and Human Services Agency, as a GIS intern in the IT Department, she is working on a project for the Aging and Independent Services (AIS) to help facilitate Intergenerational interaction in our communities which the Intergenerational Division of AIS, non-profit and private partners provide our Senior Groups and Youth Groups opportunities to collaborate and come together promoting health and activity based events for them. In her community, Pej volunteers for South Bay Pride Alliance and Feeding San Diego, she serves as a Volunteer Coordinator for South Bay Pride Alliance, a nonprofit organization that is building awareness, promoting acceptance and a safe place for the LGBT community in Southern San Diego and Baja California North areas. She also volunteers for Feeding San Diego, the San Diego Chapter of Feeding America by packaging groceries for our families in need in San Diego County. Pej plans on using these experiences to dedicate her life to help reduce the disparities in our most disadvantaged communities by working with the county and the city in planning/implementing sustainable and smart growth policies for housing developments, focusing on housing and adequate infrastructure for our disadvantaged groups, while she continues to help people attain the American Dream of home ownership.
San Diego State University students have the opportunity to participate in many practices that are called, “high-impact learning or high-impact educational experiences.” Educational research (Kuh, 2008) has shown that college students from many backgrounds benefit from participating in high-impact educational activities. The activities below are identified as high-impact practices (HIPs) because students are actively engaged in the learning process and are able to apply their learning beyond the classroom to their personal and work lives.

All transfer students are encouraged to complete at least two HIPs before graduation:

1. First-Year Seminars and Experiences
2. Common Intellectual Experiences
3. Learning Communities
4. Writing-Intensive Courses
5. Collaborative Assignments and Projects
6. Undergraduate Research
7. Diversity/Global Learning
8. Service Learning, Community-Based Learning
9. Internships
10. Capstone Courses and Projects

Benefits of Participation in HIPs Provide Students the Opportunity to:

- Examine and solve problems
- Work collaboratively with faculty, staff, graduate students or peers
- Experience real-world applications
- Reflect on learning experiences
- Improve and enhance the quality of your overall learning experience, retention, and success, particularly for underserved students
- Improve time to earn your degree
SDSU recognizes the National Association of Colleges and Employers (NACE) internship definition. An internship is a form of experiential learning that integrates knowledge and theory learned in the classroom with practical application and skill development in a professional setting. Internships give students the opportunity to gain valuable applied experience and make connections in professional fields they are considering for career paths; and give employers the opportunity to guide and evaluate talent.

Internships are high impact practices that allow students to develop professionalism and learn how to apply the knowledge needed to transition successfully into the workplace. Internships are hands-on, experiential opportunities that bridge your academic work with an industry or field in the professional world.
The Aztec Mentor Program & Internships for SDSU Students

James J. Tarbox, Ph.D.
Executive Director, Career Development and Services

Heather LaPerle, M.A
Campus Internship Coordinator, Career Services
About the Presenter

• James Tarbox, Ph.D.
• Executive Director, Career Services
  • Campus Co-Administrator, WorkAbility IV
  • Chair, Campus Internship Working Group
  • Co-Chair, NACE Leadership Advancement Program
• Penn State University Alumnus
  • Ph.D. & Masters in Communications
• Bates College
  • Bachelor of Arts in Communications
What is the Aztec Mentor Program?

• A semester-long mentor experience

• Work with an AMP Mentor to support your transition to campus

• Develop your network and explore your career options

• Learn more at amp.sdsu.edu

Register for Fall 2017: August 21 to September 18
AMP ensures your success as a transfer student by:
• Providing an advocate for your transition to campus.

• Helping you to understand options for securing internships, research and other high-impact practices.

• Strengthening your decision making about careers and options that are available to you.
About the Presenter

• Heather LaPerle, M.A.
• SDSU Alumna
  • B.S. in Recreation Administration Major emphasis Outdoor Administration
    • Field Learning Experience
    • Internship
  • M.A. in Postsecondary Education Leadership emphasis Student Affairs
    • Graduate Assistantship
Benefits of Internships

- Experiential learning
  - Students apply classroom knowledge in a professional setting
  - Students make professional connections
  - Employers guide and evaluate talent/interns
  - Discover and express your passion
  - Grow and have FUN!

NACE (National Association of Colleges and Employers)
Student Internship Toolkit

- [Student Internship Toolkit](http://internships.sdsu.edu)
  - Click For Students
Benefits of Internships

• Explore your interests and passion while gaining valuable hands-on experience
• Apply and develop academic knowledge in a work setting
• “Try on” a career before graduating
  • Learn what you like and you do not like
• Develop your professional network
• Develop new skills & confidence
  • Build your resume
  • Facilitate a successful transition into a job
Are You Career Ready?

• Career Readiness is the attainment and demonstration of requisite competencies that broadly prepare college graduates for a successful transition into the workplace.

• Critical Thinking/Problem Solving
• Oral/Written Communication
• Teamwork/Collaboration
• Information Technology Application
• Leadership
• Professionalism/Work Ethic
• Career Management
Resources for Finding An Internship

- **Aztec Career Connection**
  - Internship and Job Postings
  - Career and Internship Fairs
  - Aztec Mentor Program (AMP)
- Visit the Career Services Resource Room
- Meet with the Department Internship Contact for Your Major
  - List is on the [Career Services website](http://career.sdsu.edu/current/internships.htm)

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**Did You Know?**
66% of companies use university career centers to find qualified candidates
Finding an Internship

- Use your Network
  - Student Clubs/Organizations
  - Professors
  - Mentors
  - Family
  - Friends
- Look at Company Websites that interest you
- Use Social Media
  - Create a LinkedIn account
  - Research companies using Glassdoor
# Internship Websites

## General internship programs

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<tr>
<td><a href="https://www.linkedin.com/jobs/internships-jobs">www.linkedin.com/jobs/internships-jobs</a></td>
<td>(LinkedIn account required to search)</td>
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<tr>
<td><a href="https://www.vault.com/internship-programs">www.vault.com/internship-programs</a></td>
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<td><a href="http://www.internships.com/">www.internships.com/</a></td>
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## Federal internships

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## Non-Profit internships

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## STEM internships

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<td><a href="http://www.dice.com/">www.dice.com/</a></td>
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## International internships

Access GoinGlobal through your [Aztec Career Connection](https://www.cie.uci.edu/prospective/iopother/intern.shtml) account (international and domestic positions)
Internship Resources

• Aztec Career Connection
• Career Fairs Fall 2017
  • Fall Career and Internship Fairs- September 13th & 14th
  • Graduate & Professional School Fair- October 12th
  • STEM Career Fair- October 25th
    • Career Counseling
    • Assessments
    • WorkAbility IV
    • Handouts (check out more in the lobby)
Internship Workshop Series

• **Internship 101: Jump Start Your Success: Get an Internship!**
  Learn what internships are, why you need to do one, and connect to an employer panel that hires interns.

• **Internship 201: All You Need to Know to Be a Successful Intern**
  Move from "showing up" to "shining" as an intern. Interact with a panel of professionals to gain current best practices.

• **Internship 301: Internships and Beyond, Your Next Steps to Success**
  Looking toward the end of your internship. Learn how to close the experience and pursue other experiences that lead to success.
Connect With Career Services

• Career Services Hours
  • Monday-Friday
    • 8am-4:30pm
  • Fast 15 Walk-Ins
    • Monday-Thursday 1-2:45pm
    • Friday 10-11:45am
• career.sdsu.edu
• 619-594-6851
Internships are high impact practices that allow students to develop professionalism and learn how to apply the knowledge needed to transition successfully into the workplace. Internships are hands-on, experiential opportunities that bridge your academic work with an industry or field in the professional world.

**DIFFERENCE BETWEEN A PART-TIME JOB AND AN INTERNSHIP**

The difference between a part-time job and an internship is that an internship allows you to use your academic knowledge to complete a specific project and/or task. For example, if I am a Marketing major and I work in the SDSU Bookstore as a cashier, I am not specifically using my academic knowledge in that job.

However, if I am working part-time in the SDSU Bookstore with the Marketing Director to develop a social media campaign or design the window display, then I am applying my academic knowledge. Both of these could be part time jobs, but only the second example would be considered an internship since I am applying my academic knowledge in a professional setting.

San Diego State University recognizes the National Association of Colleges and Employers (NACE) internship definition. An internship is a form of experiential learning that integrates knowledge and theory learned in the classroom with practical application and skills development in a professional setting. Internships give students the opportunity to gain valuable applied experience and make connections in professional fields they are considering for career paths; and give employers the opportunity to guide and evaluate talent.

Internships are high impact practices that allow students to develop professionalism and learn how to apply the knowledge needed to transition successfully into the workplace. Internships are hands-on, experiential opportunities that bridge your academic work with an industry or field in the professional world.
Internships vary according to tasks, work time, and compensation. Standard internships usually require 10 to 20 hours weekly during the semester (10-16 weeks), and up to 40 hours per week in the summer (6-12 weeks).

Compensation possibilities can include hourly pay, class credit, or a stipend. Compensation is commonly $10.50-$14 per hour for undergraduate students and $18-$25 per hour for graduate students based on experience and industry/field. *Please note that all unpaid internships require a student to enroll in an internship course to receive academic credit. Speak with your Department Internship Contact to find the course for your major: goo.gl/Jwnfyw*

To qualify as an internship, an experience must include professional experience, and therefore internships are not primarily unskilled or clerical in nature. An internship experience needs to relate to your academic work and have learning outcomes that are set by and achieved under the guidance of a supervisor.

**WHY GET AN INTERNSHIP?**

- Explore your interests and gain valuable experience before graduating
- Apply academic knowledge to a work setting
- Meet people and practice networking with employers and professionals
- Learn what you like and do not like about a job and/or career
- Facilitate a successful transition from college to the working world
- Investigate potential employers’ organizations
- Develop self-confidence time management, critical thinking, communication teamwork, and decision-making skills
- Demonstrate experience that will attract future employers
- Build your resume
Academic Credit Internships
- Students completing an academic internship are enrolled in an internship course and may be paid or unpaid**.
- **Unpaid MUST be taken for academic credit if the organization is a FOR-PROFIT. Only unpaid internships at recognized 501-c3 NON-PROFIT organizations can be completed without an academic course, as this is considered volunteering.
- Paid and unpaid internships qualify for academic credit. For more information on academic credit for internships, contact your Department Internship Contact by going to goo.gl/g5bV2K.

Paid Internships
- An internship is considered paid when an intern earns at least minimum wage per hour worked or a stipend that is equivalent.
- Students completing a paid internship can also receive academic credit. For more information on academic credit for internships, contact your Department: goo.gl/g5bV2K.

International Internships
- Go to Aztecs Abroad: goo.gl/mCqJQR
- Use the Search programs tab to view a list of the approved internship abroad programs available through SDSU. Select program type “internships” for the full list.
- Going Global via Aztec Career Connection is a resource for international job/internships and country specific information: goo.gl/vlS9Gp.
THREE-PART INTERNSHIP WORKSHOP SERIES
Career Services offers a three-part internship workshop series that is designed to help you be a successful intern. Visit the Workshops & Events page on the Career Services website to get the dates: goo.gl/vODitD

**Internship 101: Jump Start Your Success: Get an Internship!**
Learn what an internship is, why you need one and what you should expect to get from the experience

**Internship 201: All You Need to Know to Be a Successful Intern. Move from just "showing up" to "shining" as an intern**

**Internship 301: Internships and Beyond, Your Next Steps to Success.**
Learn how to close an internship, reflection on your experience, and pursue additional opportunities

WHAT TO EXPECT DURING AN INTERNSHIP

**Experience Work Life**
The opportunity to learn and gain perspective on the work world, including attending staff meetings, client consultations, networking events, etc

**A Work Space**
Have a physical space to work and the adequate tools needed to perform your work

**Direction**
A supervisor who is available, experienced and knowledgeable in your field

**Professional Projects & Network**
Real work related to your professional development, the opportunity to learn about the industry and gain experience you can add to your resume
Opportunities to meet and network with professionals in order to build your professional network

**Feedback**
Meetings with your supervisor on a regular basis (weekly is recommended) to get feedback on your performance and projected tasks.
Hear what you are doing well, what areas you need to improve, and get clear direction regarding what is expected of you
Internship sites provides interns with opportunities to develop Career Readiness Competencies. Career Readiness is the attainment and demonstration of requisite competencies that broadly prepare college graduates for a successful transition into the workplace.

The Career Readiness Competencies are:
- Critical Thinking/Problem Solving
- Oral/Written Communication
- Teamwork/Collaboration
- Digital Technology
- Leadership
- Professionalism/Work Ethic
- Career Management
- Global/Intercultural Fluency

Internship sites provides job shadowing opportunities that allow the intern to learn certain functions of the organization and/or industry.

The internship has a clear start and end date agreed on prior to the start date.

Employer provides student with a clear position description

Student is provided with specific learning outcomes

Employer provides the intern with an opportunity to make professional connections

Student meets with site supervisor regularly and receives feedback on performance

Full time (12+ units) students should intern 10-15 hours per week and it is
Aztec Career Connection
- Go to: career.sdsu.edu and click Students to get to the red login box
- Use the Aztec Career Connection Student Account How-To-Guide: goo.gl/J9QGfc
- Visit the Career Services Resource Room (SSE 1200) to get help searching for internships

Contact Your Major Department
- View the Department Internship Contact list at goo.gl/Jwnfyw

GoinGlobal
- GoinGlobal is available through your Aztec Career Connection account and allows you to find internships both internationally and domestically

Do Your Research
- Visit company websites that interest you (Glassdoor is recommended)
- Find a list of internship search websites at goo.gl/0hoSrt

Don’t Forget the Importance of Preparation!
- Attend workshops and events, network with employers, staff, and your peers at Career Fairs, Information Sessions, and Workshops
- Check out the Workshops & Events Schedule at goo.gl/nxiBK4 (see page 7 for an internship checklist)

Use your Network
- Mentors, professors, friends and family are all part of your network that can help you find an internship and/or be a reference (LinkedIn is recommended: goo.gl/6OuPpY)
GET STARTED WITH AN INTERNSHIP CHECKLIST

RESUME DEVELOPMENT
- Meet with a Career Services counselor and get help developing your resume by coming in for a Fast 15 Walk-In (Monday-Thursday 1-2:45pm and Friday 10-11:45am)
- Career Services offers Effective Resumes Upgrading your Resume Workshop (see schedule at goo.gl/nxiBK4)
- Attend Resumania to have your resume reviewed by employers and Career Services staff before Career Fairs

NETWORKING
- Career Fairs and Information Sessions both provide students the opportunity to meet with employers and find out about open positions
- Attend Professional workshops hosted by student organizations to meet professionals in your field of interest
- For a full list of student organizations on campus visit: goo.gl/AfkHW3

INTERVIEW SKILLS
- Career Services offers Interview with Confidence Workshops (see schedule at goo.gl/nxiBK4)
- Use Big Interview to perfect your interview skills. Access this mock interview system through your Aztec Career Connection account (career.sdsu.edu)
The computer records and gives you feedback
- Career Counselors can provide mock interviews at Career Services. Contact Career Services to make an appointment (SSE 1200 or 619-594-6851)
Be On Time
• Display your enthusiasm for the position by showing up on time and preferably a few minutes early every day

Practice Good Social Skills
• Make immediate eye contact and smile when introduced
• Avoid engaging in conversation on topics that may lead to conflict or being inappropriate such as politics, gossip, religion, etc.
• Don’t text or use your social media when you are on the job

Practice Good Email Etiquette
• Respond promptly
• Begin by addressing the person, use full name and Mr. and Mrs.
• Be concise and use spellcheck
• Finish with an email signature

Practice Good Phone Etiquette
• When leaving messages, be clear and don’t forget to leave your name and call back the number

Be Proactive in Your Role as a Learner
• Ask questions (take a notepad and pen to write down notes)
• Engage with co-workers
• Take time to learn what the company does and how they operate

Be flexible and manage your own expectations
• As priorities change, so might your job also!
• Don’t expect to be given lots of responsibility on day one
• Do expect to be given additional tasks and responsibility gradually

Be respectful of the privacy of clients
• Never share client information or discuss outside of the work place

Communicate with your supervisor
• Get regular feedback and meet with your supervisor weekly
• Do let him/her know if you have any concerns

Dress for success!
• Dress professional the first few days until you learn the office culture
• Keep your hair, makeup and jewelry conservative

Show Gratitude and Give Thanks
• At the end of your internship send a Thank you note to show your appreciation.
HOW TO: PROFESSIONALLY COMPLETE AN INTERNSHIP

**CONNECT**
- Set goals with your Site Supervisor
- Create a Portfolio of your experiences
- Continue to develop your professional networking
- Follow-up with your Site Supervisor about a project you worked on while interning

**REFLECT**
- Reflect on your experience
- Keep in touch with the professional connections you made through email or LinkedIn

**GROW**
- Update your resume, social media profile and LinkedIn
- Send a thank you note within a week after your last day at the site, preferably handwritten
Aztec Career Connection
How-To Guide: Students

**STEP 1: Log In**
Go to career.sdsu.edu
Log into your Aztec Career Connection Student Account
Your academic profile information and WebPortal password are automatically synchronized with Aztec Career Connection. Changes in WebPortal (major, class level, password, etc.) will be reflected in Aztec Career Connection within 24 hours.

**STEP 2: Click on Jobs & Internship at the Top Left**
Go to the Jobs & Internship tab at the top and click Aztec Career Connection to see available postings.

**STEP 3: Search Internship Job Postings**
To search job postings, you can enter company names, types of jobs, etc. in the Search box or click on Advance Search (recommended)

**STEP 4: Using Advance Search for Internship & Job Search**
Using Advance Search will let you narrow your search based on characteristics like Position Type, Industry, and Location. Click on More Filters at the bottom to also search Posting Date.
Aztec Career Connection
How-To Guide: Students

STEP 5: Review Internship & Job Postings
Click Search to view a list of internship and job postings. If you do not qualify for the position, a ‘Not qualified orange button will be next to the position title. To see why you don’t qualify, click the position title and look under Application Status on the right. Make sure your profile is accurate and up to date.

STEP 6: See the Position Details
Click on the Position Title to view the entire posting including Applications Accepted until date on the right side and Salary at the bottom. There will also be recommended positions listed at the bottom, which are based on your previous searches.

STEP 7: Apply to the Internship/ Job Position
Click Apply and attach your resume. Select your resume or click Add New to upload. Click Submit to send your resume and apply.
*Students must have a resume on file to complete this step. To upload your resume, go to the Documents tab at the top >Documents > +Add New.

STEP 8: Confirmation
Click the Apply button. When you successfully applied for the position you will see a green banner that says Your application has been submitted and a box will pop up that says you Applied in red. To continue your search, see Step 1.
Study abroad for SDSU students means completing part of the SDSU academic experience in a country outside the United States. Traditional courses at a foreign university, volunteering, internships, research, service learning, and short-term faculty-led programs are all available. SDSU offers more than 600 international programs in over 50 countries, during winter break, spring break, summer, a semester or an entire academic year.

Study Abroad is a high impact practice that allows students to expand their knowledge of other cultures and global issues, learn about their own social identity, develop respect and acceptance for other perspectives, develop skills for social interaction in a globalized world, and begin to understand social responsibility.
The national Council of Undergraduate Research defines Undergraduate Research as: An inquiry or investigation conducted by an undergraduate student that makes an original intellectual or creative contribution to the discipline.

“Undergraduate research [scholarship and creative activity] is an inquiry or investigation conduct by undergraduates in collaboration with a faculty mentor that makes an original intellectual or creative contribution to the discipline”. (Wenzel, 1997) Wenzel TJ. (1997). What is Undergraduate Research? CUR Quarterly, V.17, Pg. 163.
Undergraduates participate in the world-class cross-disciplinary research, both creative and scientific, conducted at the San Diego State University (SDSU). Since 2000, SDSU faculty and staff researchers have been awarded more than $1.5 billion in external funding. This provides an abundance of opportunities for research mentors to gain from your hard work, energy, curiosity, and fresh perspectives. Students engaged in mentored research experiences benefit both academically and through career exploration as they engage in the pursuit of knowledge. Whether your goal is to secure employment or acceptance into graduate school, engaging in undergraduate research projects provide you with critical skills and knowledge to help you stand out in the applicant pool.

To get involved in Undergraduate Research, be well prepared. The following suggestions apply to all students interested in participating in faculty mentored research experiences.

Visit Professor Office Hours
- Go to office hours regularly to ask questions about your class or your instructor’s research and/or career path.
- Build relationships with faculty to learn about opportunities.
- If you apply for other research opportunities, scholarships/fellowships and future graduate programs, you will need strong letters of recommendation.

Read Department Websites and Faculty Bios
- Find professors who are doing research that interests you and talk to them now.
- Look at department webpages to learn about professors’ research topics.
- Email the professors or go to office hours to ask about their research and what they look for in an undergraduate research assistant.

Get Good Grades
- Some faculty require students to have a minimum GPA.
- Utilize the free Writing Center in Love Library
- See your Assistant Dean in your college/division to learn about academic enrichment programs and other support.
The Weber Honors College is focused on high-impact learning or high-impact educational experiences. High-impact learning occurs when students are actively engaged in the educational process, when their learning goes beyond the classroom to be applied in their personal and work lives. In a high-impact learning experience, students actively pose and solve problems, work collaboratively in a community of peers, experience real-world applications of knowledge, and reflect on their learning. Students engaged in high-impact learning often see improvement in grade point averages, gain their degrees more quickly, and are more engaged in their education. The Weber Honors College is committed to providing high-impact learning experiences to all students at all levels, across the whole curriculum.

The Weber Honors College has been designed intentionally to engage students in high-impact learning. The following high-impact learning experiences are embedded in the Weber Honors College:

- First-year seminar and first-year experiences
- Residential learning community
- Common intellectual experiences
- Collaborative assignments and projects
- Study abroad
- Undergraduate research
- Leadership
- Internships
- Service- or community-based learning
- Creative arts and performance
- National scholarships and fellowships
- Graduate school preparation
- Capstone course
In addition to the Weber Honors College, we invite you to become aware of the academic honor societies and programs at SDSU.

Honor societies represent the heritage of academic excellence within higher education, and they symbolize SDSU’s proud commitment to that tradition.

As you will discover, there are single discipline honor societies (within your area of study or major) and Multidiscipline honor societies (open to all areas of study or majors).

The standards for membership in these organizations vary and require a student to demonstrate a desire to learn and to achieve at a high scholastic level.

Those few who are admitted to these societies earn honors and privileges that will last throughout their lives.

If invited to join an honor society, do not take lightly an invitation to join and be sure to check our website to confirm if the society is endorsed by SDSU.

http://honorscouncil.sdsu.edu/dus/honorscouncil/

The Honors Council welcomes you, and whether you are new or returning, we hope that you will continue your motivation, focus, dedication and engagement in the educational opportunities offered at SDSU. Ultimately we hope that by your efforts you will merit election to one or more of these honor societies.
The Weber Honors College (WHC) provides a broad academic foundation for SDSU’s most academically engaged undergraduate students. Honors students are exposed to subjects in the humanities, social sciences, and natural sciences. The objective of the college is to provide the richest possible intellectual experience by helping students become conversant in multiple disciplines, think flexibly, solve problems and pursue the creative expression of ideas. Building upon the university’s commitment to educate students for a global world, the WHC provides a distinctive learning community for students who seek creative, innovative and responsible ways to understand and engage the international community.

**BENEFITS**

- Smaller class size (Around 25 students)
- Integrative coursework that leads to completion of the Honors Minor in Interdisciplinary Studies
- One-on-one interaction with distinguished faculty outside of the formal class setting
- Advantage when applying to graduate schools and/or major companies
- Undergraduate research opportunities
- Private library study room
- Personal Academic Advisor and Study Abroad Advisor
- Scholarship opportunities

**COLLEGE REQUIREMENTS**

1. Complete the Honors Minor in Interdisciplinary Studies (16 units)
2. Complete a credit-bearing international experience
3. Complete one approved high impact practice (HIP): either Research, Leadership, Service or Creative Activity
4. Have a minimum cumulative GPA of 3.2 upon graduation

**APPLICATION REQUIREMENTS**

Eligibility is determined by GPA, and the thoughtful completion of the application essay.

**Currently Enrolled SDSU Students and Transfer Students**

- Cumulative GPA of 3.2 or above

**PRIORITY CONSIDERATION APPLICATION DEADLINE**

January 15, 2018

Given the competitive nature of the application process, we strongly urge all interested students to apply to the Weber Honors College by January 15.

**FINAL DEADLINE**

March 30, 2018

After January 15, applications will be accepted and evaluated on a space-available basis until March 30.

**TO APPLY**

www.sdsu.edu/honors
Types of Honors at SDSU

Graduation with Honors and Distinction
Based on overall GPA, SDSU GPA, & major department’s recommendation
Determined at the time your bachelor’s degree is conferred
- Cum laude (3.50-3.64), magna cum laude (3.65-3.79), summa cum laude (3.80-4.00)
- Page 471 of SDSU General Catalog.

Departmental Honors
- Available in some departments (i.e. Business, Sociology, Psychology, & others)
- Requirements vary by dept.
- NOT the same as the Weber Honors College

Honors Council
Comprised of honor societies
- Phi Eta Sigma, Scholars w/o Borders, Golden Key, Phi Kappa Phi, Mortar Board, Phi Beta Kappa, and the Weber Honors College Student Society

Weber Honors College
- Honors minor in Interdisciplinary Studies
- 16 units
- Study Abroad & High Impact Practice (HIP) Required
The following definitions provide distinctions among the two important aspects of community engagement efforts you can participate in at SDSU. These are not a complete listing as there are other forms of the community engagement activities that are available at SDSU including: social entrepreneurship, volunteering, social philanthropy, and community-based action research.

**Service Learning**
A teaching method that promotes student learning through active participation in meaningful and planned service experiences in the community that are substantively related to course content. Through reflective activities, students enhance their understanding of course content, general knowledge, sense of civic responsibility, self-awareness and commitment to the community.

**Service-Learning Course**
An academic course (in any discipline) that provides students opportunities to participate in organized service activities that meet community needs while linking the community service experiences to the course content. This makes service learning a very different experience than community service.

**Community Service**
Any work provided by individuals that contributes to the quality of life in the community. Community service work can be provided in several ways and for different purposes. Students may be involved in community service on their own, with a group or club, or through academic course-work. When the community service is part of the academic course work, and when the service relates directly to the course content, it is considered service learning.
Academic Engagements Programs

The Academic Engagements Programs include the Common Experience, the Faculty-Student Mentoring Program, Learning Pathways Program, the Service Learning and Community Engagement Program, and the Undergraduate Studies Internship Program. These programs support high-impact educational practices that increase faculty-student interactions, deepen student learning, and lead to advanced student achievement.

The Common Experience

The Common Experience (CE) serves to facilitate increased interactions among faculty, staff, and students through a focus on common contemporary themes, related readings, and academic endeavors. On an annual basis, the CE committee selects a timely and relevant theme and invites participation from across the campus and broader community to develop a series of lectures, seminars, and other academic activities that extend student learning and faculty-staff-student experiences beyond the classroom and campus. Students engage in deconstructing and exploring a common subject, treated and examined through multidisciplinary lenses, and learn to value intellectual- and personal-responsibility and apply academic thought towards finding meaningful solutions to real-world problems.

Visit: [http://commonexperience.sdsu.edu/dus/commonexperience/](http://commonexperience.sdsu.edu/dus/commonexperience/)

Faculty-Student Mentoring Program (F-SMP)

Faculty-Student Mentoring Program (F-SMP) supports advance student learning through undergraduate research, scholarship, and creative activities. Central to these efforts is the development of long term relationships between students and their faculty mentors as they engage in academically purposeful tasks. Participation in this program is limited to Pell-Grant-eligible students.

Visit: [http://fsmp.sdsu.edu/dus/fsmp/](http://fsmp.sdsu.edu/dus/fsmp/)

Learning Pathways Program

The Learning Pathways Program provides students opportunities to enroll in a series of courses that offer training and skill development in academic related activities that include- civic learning, community-based action research, internships, shared intellectual experiences, study abroad, student scholarship, the performing arts and creative practices, and undergraduate research. These courses are part of General Studies and may meet graduation requirements as part of the General Education Program and/or requirements for majors and minors in the Academic Colleges. The newest course in the Learning Pathway Program is General Studies 290-Introduction to Undergraduate Research. For additional information see the following link to the SDSU Catalog.

Service Learning and Community Engagement Program (SLCEP)

Service Learning and Community Engagement Program (SLCEP) is a faculty outreach and development program that serves to increase student learning through course-based study that connects to responsive civic action in local, regional, and international locales. The program also sponsors General Studies 280 Introduction to Civic Engagement and General Studies 480 Engaged Citizenship and Social Responsibility. Both of these courses require community service hours and fulfill General Education graduation requirements. Visit: http://dus.sdsu.edu/dus/service/

Undergraduate Studies Internship Program (DUS Internships)

Undergraduate Studies Internship Program (DUS Internships) serves students who do not have internship requirements in their majors and are seeking options that earn college credit while exploring careers with an SDSU faculty mentor. Visit: http://dus.sdsu.edu/dus/dusinternships/

CONTACTS

Jose Preciado  
Director of Academic Engagement Programs  
619.594.2209  
preciado@mail.sdsu.edu

Marylou Montross  
Program Specialist  
619.594.3157  
mmontross@mail.sdsu.edu

Common Experience Intern  
619.594.2871  
sdsucommonexperience@mail.sdsu.edu

Program Website  
http://dus.sdsu.edu/dus/academicengagement/  

Administration Building RM 220  
San Diego State University  
5500 Campanile Drive  
San Diego, CA  92182-1623
Great Explorations Class for Transfer Students!

**GEN S 480: Engaged Citizenship**

Do you need to satisfy Explorations B and/or Cultural Diversity?  
Do you need 3 elective units?  
Do you prefer non-traditional coursework?  
Do you like working with children?  
Do you like working with nature?

If so, consider enrolling in GEN S 480 and gaining valuable service learning experience at SDSU's Earth Lab

[NOTE: you must have 60+ units earned at the end of the fall semester to satisfy Explorations]

Enroll in GEN S 480 section 2  
Instructor: Luke Duesbery  
Location: Earth Lab in San Diego  
Day/Time: as arranged

To request the schedule #, email: 
duesbery@mail.sdsu.edu
GEN S 480: Engaged Citizenship

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Instructor: Luke Duesbery
Location: Earth Lab in San Diego
Day/Time: as arranged

To request the schedule #, email: duesbery@mail.sdsu.edu
Fall 2017
General Studies 480
Engaged Citizenship and Social Responsibility
Wed 4-6:40pm in AL 318
Dr. Huma Ahmed-Ghosh  
ghosh@mail.sdsu.edu

This course covers how to bridge academics and activism through community engagement and is designed to provide a framework for understanding race, class and gender diversity in San Diego's populations.

Students will engage in collaborative research to gain greater insights into global issues and its impacts on local communities by closely working with refugee agencies in San Diego around the campus. Students and communities will learn from each other to make the world a more just and better place.

San Diego is one of the largest refugee receiving cities in the USA and students will spend the bulk of the semester in the field interviewing women in focus groups, attending community events and volunteering in the refugee NGOs. The approach to the material in this course is interdisciplinary.

This course satisfies Upper Division General Education requirements in social and behavioral sciences as well as the diversity requirement, and can be applied to the Women's Studies major, minor, or internship.
SCHOLARSHIP OPPORTUNITIES

There are numerous scholarship and fellowship opportunities at SDSU as we encourage all transfer students to apply.

Scholarship opportunities through the Office of Financial Aid & Scholarships (OFAS)
http://go.sdsu.edu/student_affairs/financialaid/scholarships.aspx

The majority of SDSU scholarships available through OFAS begin accepting applications in August. The search and application process is available all year with various deadlines depending on the major and the academic year for which the scholarship will be awarded. You may apply at any time, as long as your application is received by the scholarship’s due date.

Be sure to add the SDSU OFAS application deadlines to your planner
http://go.sdsu.edu/student_affairs/financialaid/sdsuscholarshipswhentoapply.aspx

National Scholarship & Fellowship Opportunities

National Scholarships & Fellowships in the Division of Academic Engagement and Student Achievement administers a number of competitive scholarship and fellowship opportunities available to first-year student applicants, transfer students, up to graduating seniors and recent alumni. These awards fund a variety of student experiences such as leadership, research, study abroad, internships, service-learning, public service experiences, and graduate school. Various campus representatives oversee a particular scholarship or fellowship opportunity, managing the endorsement process. The endorsement process involves a campus process in which SDSU student applications and their recommendation letters are reviewed by a committee and selected candidates are chosen to represent SDSU in the national or international competition. Awards vary from $5,000 - $40,000, depending on the opportunity.
National Scholarships & Fellowships in the Division of Undergraduate Studies administers a number of competitive scholarship and fellowship opportunities available to first-year student applicants up to graduating seniors and recent alumni. Housed in the Division of Undergraduate Studies at San Diego State University, our team manages the endorsement process for the Goldwater, Udall and Truman Scholarships, as well as International Fellowship opportunities (see back side) such as the US-UK Fulbright Summer Institutes, Mitchell, Marshall, Rhodes, and the Schwarmzan Scholarships. The endorsement process involves a campus process in which SDSU student applications and their recommendation letters are reviewed by a committee and selected candidates are chosen to represent SDSU in the national or international competition.

Goldwater Scholarship

The Goldwater Foundation awards 275 scholarships to sophomores and juniors demonstrating potential for success in a research career in the sciences, engineering, or mathematics. Competitive students will have a high GPA (3.8+), research experience, and intend to pursue a PhD and research career. The scholarship awards $7,500 towards undergraduate expenses. SDSU will nominate 4 applicants annually.

Campus Deadline: End of November

Udall Scholarship

The Udall Foundation awards 60 scholarships to sophomores and juniors pursuing careers related to the environment. This award provides $7,000 towards undergraduate expenses. Competitive applicants will have a 3.0+ GPA, demonstrated leadership and service related to the environment, and clear graduate school plans and career aspirations. The Udall also provides awards for American Indian students planning careers in tribal policy or tribal health care. SDSU may nominate up to 6 applicants annually.

Campus Deadline: Mid January

Truman Scholarship

The Truman Foundation awards approximately 60 scholarships to college juniors in preparation for careers in public service. The scholarship provides up to $30,000 toward graduate studies, leadership training, and a 10-week Washington Summer Institute following graduation. Competitive applicants will have an extensive record of campus and community service, commitment to a career in public service, excellent communication skills, and a strong academic record. SDSU may nominate up to 4 applicants annually.

Campus Deadline: Early February

For questions about the Goldwater, Udall or Truman Scholarships, please contact Michelle Lopez, Assistant Dean, Division of Undergraduate Studies at mlopez@mail.sdsu.edu.

Weber Honors College students, contact Dr. Martha Enciso, Associate Director, Weber Honors College at menciso@mail.sdsu.edu
UK Fulbright Summer Institutes

The US-UK Fulbright Commission offers summer programs at world-class UK universities to US undergraduates. Summer institutes are three to six weeks in length and provide an immersive academic, cultural, and social experience for freshmen or sophomores.
**National Deadline: End of February**

Marshall Scholarship

Up to forty Scholars are selected each year to study at graduate level at an UK institution in any field of study. The Marshall Scholarship finances the opportunity for young Americans of outstanding ability to study for a degree in the United Kingdom. Applicants propose their area of study and their university of choice, and may receive funding for either one or two years. Marshall Scholars are chosen through a competitive process based on academic merit, leadership potential, and ambassadorial potential.
**Campus Deadline: September 1**

George J Mitchell Scholarship

The US-Ireland Alliance awards up to 12 scholarships annually for one year of graduate study in Ireland or Northern Ireland. Applicants should be between the ages of 18 and 30, and exhibit superior levels of academic achievement, leadership, and community service.
**Campus Deadline: September 1**

Rhodes Scholarship

The Rhodes Trust selects 32 outstanding scholars each year on the basis of academic excellence, commitment to public service, moral character, and leadership ability. Rhodes Scholars are selected for 2-3 years of study at the University of Oxford. Applicants must be between the ages of 18 and 24 and have received their bachelor’s degree prior to attending Oxford. SDSU is not limited in our number of candidates, but usually nominates 2-3 students.
**Campus Deadline: September 1**

Schwarzman Scholars

Each year, up to 90 U.S. Schwarzman Scholars will be selected to develop leadership skills while obtaining a one-year master’s degree at Tsinghua University in Beijing in one of three subjects: Public Policy, Economics & Business, or International Studies. Students must be between the ages of 18-28, and demonstrate outstanding leadership, intellectual ability, and entrepreneurial spirit.
**Campus Deadline: September 1**

For questions about the US-UK Fulbright, Mitchell, Marshall, Rhodes and Schwarzman Scholarships, please contact Chris Kjonaas, Associate Director, International Engagement, at ckjonaas@mail.sdsu.edu

Weber Honors College please contact
Dr. Martha Enciso, Associate Director, Weber Honors College at menciso@mail.sdsu.edu
There are 30,000 undergraduates at SDSU. As a new transfer student, you may have classes that have over 100 students enrolled or small classes with less than 50 students. Regardless, to aid in your success, all students are encouraged to meet your professors. If you have plans to apply to graduate school in the future, you will also need letters of recommendation from your professors or professionals in your field. Below are some examples on how to connect with faculty at SDSU.

1. **Go to office hours.** You have access to office hours on your syllabus, use them. If you are scared or shy to go to office hours, bring a friend from class with you.

2. **Conflict with office hours due to work or family obligations?** Email your professor or speak to them after class to make an appointment. If he/she cannot meet in person, a phone appointment is better than not communicating at all.

3. **Become a research assistant.** Identify a faculty member you would like to conduct research with. Schedule an appointment. You will need to do some homework before you contact a faculty member (see item #7 and Preparing for Undergraduate Research below).

4. **Student organizations.** All student organizations on campus are required to have a campus adviser. If your organization has a faculty adviser, get to know him/her.

5. **Go to major advising.** Visit your major adviser on a regular basis. He or she can provide ways for you to connect with faculty in your department. Most major advisers are also faculty members in your department.

6. **Talk to graduate students.** If you have a teaching assistant who is a masters or doctoral student, go to their office hours. Ask them how they connected with faculty when they were undergraduates. Find out when departmental seminars are being hosted. Sometimes departments host guest lectures that may be open to all students (graduate and undergraduate). Faculty can be present at these types of department events.

7. **Read professor web bios.** Check out their books or review their published work or creative projects. This is a great way to make a connection regarding their work and what your professional interests are.
DIRECTORY OF PROGRAMS AND RESOURCES

Academic Advising Center
619-594-6668
Student Services West-1551

Associated Students
619-594-6555
Aztec Student Union, Suite 320

Aztec Recreation
619-594-0794
Aztec Recreation Center, 55th Street, SDSU

Career Services
619-594-6851
Student Services East 1200

Center for Intercultural Relations
619-594-7057
Aztec Student Union, Suite 250

Center for Student Rights and Responsibilities
619-594-3069
Student Services West-1604

Counseling and Psychological Services
619-594-5220
Calpulli Center, 4th Floor, Room 4401

Division of Student Affairs
619-594-5211
Student Services West-2640

Dean’s Office
619-594-5842
Administration Building, Suite 101

Economic Crisis Response Team
N/A
Office of Education and Opportunity Programs
619-594-6298
Student Services East-2109

Health Promotion
619-594-4133
Calpulli 3rd Floor, Suite 3201

Honors Council
619-594-6337
Administration Building, Suite 226

International Student Center
619-594-1982
International Student Center

Joan and Arts Barron Veterans Center
619-594-5813

Library
SDSU Library

MESA Engineering Program
College of Engineering, E208

Mobile Food Pantry

National Scholarships and Fellowships
619-594-2871
Administration Building, Suite 101

New Student and Parent Programs
619-594-1509
Student Services West-1602

Ombudsman
619-549-6578
Student Services East-1105
DIRECTORY OF PROGRAMS AND RESOURCES

Registrar
619-594-6871
Student Services West-1641

Research and Training Opportunities
LSAMP and Minority Access to Research Careers (MARC)
619-594-7195
GMCS 322-B

Research and Training Opportunities
Initiative for Maximizing Student Development (IMSD)
619-594-3744

San Diego Access and Crisis Line
1-800-479-3339 or 1-888-724-7240
GMCS 322-B

SDSU Financial Aid
619-594-6323
Student Services West-3605

SDSU Housing
619-594-5742
6050 Montezuma Road

Sophomore SURGE Mentoring
619-549-5221
Aztec Student Union, Suite 210

Study Abroad Office
619-594-2475
International Student Center

Student Account Services
619-594-4249
Student Services West-2536

Student Disability Services
619-594-6473
Calpulli Center, Suite 3101
DIRECTORY OF RESOURCES AND PROGRAMS

Student Life & Leadership
619-594-5221
Aztec Student Union, Suite 210

Testing Office
619-594-5216
Student Services West-2549

The Pride Center
619-594-3520
5141 Campanile Drive

Weber Honors College
Administration Building, Room 201

Webportal

Women’s Center
619-594-2304
5121 Campanile Drive

Writing Center
619-594-3543
Love Library 1103
Are you applying to graduate or study abroad programs? Scholarships or fellowships?

This workshop takes you step-by-step through the content and organization expected in a statement of purpose, personal statement, and application essay.

Space is limited and registration is required. To register, go to http://writingcenter.sdsu.edu/appointment.html

Tuesday, October 3, 1-2pm
Friday, October 16, 1:30-2:30pm
in the Writing Center, LLA 1103
OUR MISSION:
The SDSU Writing Center promotes student success with writing across the university.

Strengthen Your Writing Abilities

SDSU Writing Center supports writers by offering:

- Choice of meeting with a tutor online or face-to-face in the Writing Center
- Assistance with writing at any stage of your project
- Reference materials to check your academic writing style
- Tutoring for students from all language backgrounds

Location: Library Addition, 1st floor, next to circulation (LLA-1103)

Hours: Monday to Wednesday: 9:00 AM - 8:00 PM, Thursday: 9:00 AM - 5:00 PM, Friday: 9:00 AM - 2:00 PM

Contact: writingcenter@mail.sdsu.edu or visit our website at www.writingcenter.sdsu.edu for more information

All Writing Center Services and Programs are FREE to SDSU Students.
GET INVOLVED

Preparing for dental, medical, pharmacy, optometry, physician assistant, or other health profession programs requires more than good grades and good admission test scores. The competitive applicant demonstrates an understanding of their chosen health profession, including clinical experience, and has a record of leadership, service, and advocacy as well as an understanding of issues relevant to health professions and health care.

Get involved with activities meaningful to you. Remember, too, that not all your activities need to be or should be medically or health care related.

Meet like-minded, highly motivated pre-health students who aspire to serve their communities as healthcare providers…and have some FUN, too!

SDSU Pre-health Student Organizations

Alliance for Healthy Children
American Medical Student Association
Association of Pre-Pharmacy Students
Aztec Professional Pre-health Organization
Chicanos/ Latinos for Community Medicine
Council of Pre-Health Organizations
Flying Samaritans
MEDLIFE SDSU
Physician Assistant Student Association
Pre-Dental Club
Pre-Optometry Club (FOCUS)
Pre-Veterinary Medical Association
SOMHealth
Student Osteopathic Medical Association

DENTISTRY
MEDICINE
OPTOMETRY
PHARMACY
PHYSICIAN ASSISTANT
VETERINARY MEDICINE

...EXPLORE YOUR OPPORTUNITIES

GMCS 323
619.594.3030
healthpr@mail.sdsu.edu
http://hpao.sdsu.edu
The Health Professions Advising Office provides information, guidance, and support for SDSU students and alumni from any major interested in pursuing a graduate or professional degree in a health profession, including medicine, dentistry, optometry, pharmacy, physician assistant, podiatry, and veterinary medicine.

Competitive applicants to these programs have a strong academic background, including GPA and admission test score. Students, however, do not need to major in the sciences. Applicants must also demonstrate an understanding of their chosen health profession, including clinical experience, and a record of leadership and service on campus and in the community. Many health professions schools/programs look for research experience as well.

Every student’s path to a chosen health profession is different. The successful applicant takes meaningful course work beyond just what is required, engages in activities to learn more about their health profession interest, and commits to leadership, service and advocacy in an area(s) of interest.

HOW WE SUPPORT PRE-HEALTH STUDENTS

Attend an HPAO information session. This establishes your HPAO file. Dates/times can be found on the HPAO website. Come to GMCS 323 to sign up.

Meet with our health professions advisor and advising assistants who will work with you to create a plan for a competitive application to your health profession program/school. You should meet each semester as you develop your portfolio.

Note: You will meet with your major advisor about degree completion requirements and with the health professions advisor about your preparation for a healthcare profession.

Advising assistants meet with 1st and 2nd year students to help you get off to a good start and ensure fulfillment of your prerequisite classes. Peer mentors staff the office and are available to answer general questions: they help you learn more about campus resources and opportunities for clinical and other volunteer service opportunities. Students may also request a Peer Mentor who will meet with you individually for an entire academic year. “Ask a Peer Mentor” hours are available each week for questions about specific health professions.

Workshops are scheduled throughout the semester on a variety of topics: how to become a competitive applicant, personal statement writing, interviewing for health professions, summer opportunities, post-baccalaureate programs, the application process for each of the health professions, and many others. See the semester schedule online at hpao.sdsu.edu.

Courses Offered Through HPAO

Biol 249 Careers in the Health Professions
Learn about careers from healthcare professionals and about preparing for a healthcare career.

Biol 250A Topics in Medicine
Learn about current topics in medicine and preparing to apply for medical school.

Biol 250C Topics in Veterinary Medicine
Learn about current topics in veterinary medicine, veterinary medicine specialties, and applying to veterinary medicine schools.

Biol 340A Preventive Dentistry
Participate in hands on dental activities and take field trips to teach dental hygiene. Learn from different dental providers. Learn about current topics in oral health and dentistry and preparing to apply to dental school.

Internship opportunities as a class coordinator are available upon completion of Biol 249, 250A, 250B, or 340A with junior standing or higher.
Center for Well-Being: This room was designed by students (our peer educators) with you in mind. With multiple stations promoting health and personal growth, whether you have only a few minutes or a few hours, there is something here for everyone. Browse through our collection of books on a wide range of topics or express yourself on our chalkboard wall. Other options include a massage chair, computerized discovery, board games and a journal for personal reflections. We hope you come in and explore!

Teach Your Body and Mind to Relax: The Alpha Chamber “Egg Chair” provides an environment where you experience deep relaxation, both mentally and physically. The Egg is a space that enhances your mental and emotional awareness while viewing and listening to videotapes utilizing a variety of relaxation techniques. A few moments spent in a calm environment here can be more beneficial than hours of ordinary rest.

Want to Help? Peer Educators: Each year, a cadre of SDSU students are selected, trained and supervised to provide peer education to other students. Our program offers students the opportunity to gain first-hand experience working in the mental health field, with an emphasis on valuing and respecting diversity among individuals. The primary focus of their work is on outreach and educational activities that provide information and support for SDSU students, their friends and families. Selected peer educators receive 3 units of credit in psychology. Many students get involved by joining Active Minds, our student organization.

Call, visit us online, or come by our office.
Phone/TTY: 619-594-5220
Web site: sdsu.edu/cps
Location: Calpulli Center, Room 4401
24-hour crisis intervention: 1-888-724-7240

Promoting Personal Growth and Well-Being
Dear Student,

The mission of Counseling & Psychological Services includes supporting the education of the “whole” student through enhancing mental health and personal growth.

College brings exciting opportunities for growth and learning, but also challenges, such as balancing academic, social and family demands, stress management, financial difficulties and questions about career.

During this important time, we invite you to utilize the Center for Well-being, attend a workshop or call us for recommendations about how we can support you. We will help you draw on your strengths, creativity and problem-solving abilities to help you to enhance your overall well-being.

Jennifer Rikard, Ph.D., Director

Consult With a Therapist: If you have a personal concern, or are concerned about a friend, a therapist will talk directly with you by phone for a brief consultation. This conversation will allow the therapist to hear your concerns and help identify the best way to help.

Individual Counseling: Our individual services are designed for students who can benefit from short-term therapy. Often, a few individual meetings with a therapist can help you better identify, understand and resolve the emotional barriers that may be interfering with your sense of personal well-being and academic success. These confidential services are covered by the health fee. If a student’s situation requires longer term therapy, referrals can be provided for off-campus resources.

Crisis Intervention: For students who are in need of immediate assistance because of a severe emotional crisis that might be life threatening or otherwise require immediate attention, urgent appointments can be provided. Examples of urgent situations may include thinking about suicide, being victimized by assault, or grieving the recent loss of a friend or family member.

Learn with Other Students: C&PS Groups and Workshops address issues common to most university students and are designed to help students learn new ways to deal with challenging issues. These interactive and dynamic groups cover topics such as:

- Mindfulness Meditation
- Alcoholics Anonymous
- Bounce Back Retention Program
- COPE (stress management workshop)

Please call or stop by our office for more information about groups currently being offered.