

Welcome to the twentieth Issue of the CHHD Student Newsletter. Our purpose for this Newsletter is to connect you—our students—to the College.

This issue has news and updates about the college as well as important dates and reminders of upcoming events.

Please contact Asst. Dean Lewis (see pg 2 for contact info) to send your news items.

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ASKING FOR LETTERS OF RECOMMENDATION: DO'S AND DON'TS

When it comes to scholarships, awards or job searches, the application process may require one or two letters of recommendation. If you are anything like me, asking for letters may be some what of an unknown area. You may ask yourself, "Who should I ask?", "What qualities can my reference confirm?", "When should I ask?", or "How should I ask?", and these are all valid questions. A quality letter of reference can be a huge asset in the award of a much needed scholarship or landing the career of your choice.

Before deciding whom to ask to write your letter of reference, make sure you understand what qualities and skills the reader is looking for; then choose someone who knows you well and can best attest to these attributes. Carefully consider the purpose of the letter. If you are applying for a graduate school program, would the non-G.E-elective-course professor be able to attest to your commitment to a rigorous, academic course load? Not to say that an elective may not be challenging, but would it highlight your knowledge and dedication to the field in which you plan to study or work or showcase your perseverance and achievements? Maybe, maybe not. It is really important that you are able to determine who will be the best person to write a reference letter for the specific reader. It could also be beneficial to ask numerous people to write recommendation letters in order to gather a more well-rounded portfolio of yourself.

Once you have determined who is best for the task of writing your letters of reference, you must ask them. Being rather shy myself, asking someone to write a letter of reference is probably the most difficult part of the process for me. As much as I would love to just send out a quick email and avoid any uncomfortable contact, it's just not the way to handle such an important ask. Assuming potential references may be one of your professors (who most likely have *many* students), it is important that your reference be able to attach a name to a face as well as commit one's full attention to the proposition. Sure, an email would be easier and less time consuming, but they are easier to overlook than a personal interaction. Making an appointment in advance to discuss the reference letter in full and answer any questions your reference may have is a much more effective and professional way to attain a well-written letter. If someone seems to be saying "no", the person may be too busy, inappropriate, or not know you well enough. Respect a 'no'.

Try to give the writer ample time for the letter, but make sure to inform the writer of any deadlines they must meet. Also, in asking for a reference letter, make sure you ask as soon as possible before starting a new semester so that the skills the professor will be speaking of will be fresh in their mind, and they will be able to be more specific in the recommendation.

Now that you have determined who to write your letters of reference and properly asked them, the rest is out of your hands. Hopefully, with this simple guide, you are now more confident in your ability to ask for letters of reference and will be able to make the best decisions when choosing recommenders. However, if you have any difficulty in the process, there are numerous websites such as jobsearch.about.com that can help you as you proceed to securing the scholarship award or career of your choice, or admission to a higher education institution.

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Student Leadership Institute Seeks Out Talent

The first Student Leadership Institute Club – Talent Showcase was instrumental in informing students about on-campus leadership opportunities and members delivered a fine show of artistic performances. In an effort to conduct more outreach activities, the opening act was an overview of the event where Student Leadership Institute members emphasized the characteristics of a leader, namely people who demonstrate courage, drive, open-mindedness, and motivation. The show consisted of guests performers (who volunteered time for the cause) along with Cal State Fullerton singers, musicians, dancers, and poets vying for first place.

The cooperation of former alumni added energy to an already impressive show, while current students competed for the approval of the audience members. A couple of guests performed musical pieces, "The Streets of Dublin" and "Better than That", while another impersonated celebrities and the last guest read a political poem in honor of a fallen friend and soldier in Iraq, titled, "The Face of a Soldier".

Cal State Fullerton students demonstrated Titan pride through dynamic numbers, and audience members were asked to vote for the winner of the night. Among the first performers was Cal State Fullerton's own Ballet Folklorico (bottom), who engaged the crowd through rhythmic claps and won first place. Dancing to the beat of a pop song, John Nguyen's illusion-defying contortions secured him a second place finish. Finally, Kini Shyu, did a contemporary classical ballet piece which guaranteed her a third place win. The show was a success and SLI members are looking forward to meeting with new members and helping them achieve their leadership goals.

The Student Leadership Institute Program provides students with free leadership training in 7 tracks through workshops with extensive support from students, staff and faculty. Other benefits include networking, social support, guidance, resume enhancement and the certificate of successful completion awarded at a special banquet at the end of the year. In addition to the SLI Program, students are encouraged to participate in the SLI Club which further challenges students to enhance leadership skills by applying the knowledge learned at the workshops. The Talent Show proved to be a successful approach toward familiarizing students with extra-curricular activities and campus resources. A portion of student fees are allocated to the SLI program: all the more reason to take advantage of this leadership opportunity.

*Students can learn more about the Student Leadership Institute at: sli@fullerton.edu , or can call 714.278.3211



ICC Health Expo Recap

Tuesday March 24 in the TSU, the Health and Human Development Inter Club Council held the symposium portion of the Health Expo event. This portion included recognition of CSUF's very own Dr. Robert Kersey, honoring him for his contributions to Kinesiology and the awards he earned from two associations (below left) and three presentations from students within the college presenting their research. Tables and display boards from different organizations within the college lined the perimeter of the room and the crowd favorite, a robotic, simulated hospital patient was also used to inform the attendees about health related topics (below right).



Thursday's Health Expo was held in the SRC. Once again the student organizations came out to represent the college and guests were treated to healthy food by Edible Arrangements and Panera Bread. The ICC raffled off many sports and health related prizes and were entertained by the rock wall climb competition between Tuffy and ASI President Curtis Schlaufman (below).



NOTE THIS! DATES & REMINDERS

April 7-9- Grad Fest- Attention graduating students: Grad Fest will take place in front of Titan Shops from 10AM-9PM. Here 's where you MUST pick up tickets, purchase your cap and gown or class ring, order announcements, and attain any other graduation related information from booth attendants.

April 25- Welcome to Cal State Fullerton Day- 8:30 Am-12 PM This event welcomes newly admitted freshman and transfer students to the campus .