Claudia Martinez

College of Health and Human Development | STUDENT SPOTLIGHT

How has HHD prepared you for your future?

HHD opened many doors for me. As an aspiring Physician Assistant, I believe the courses have challenged me and prepared me for graduate school. There are also great faculty that guide me in the right direction. If it weren’t for HHD I don’t think I would be where I am today!

What are some challenges you have faced? How did you overcome them?

A challenge I’ve faced during my college experience was time management and self-care. Time management is essential to master. My solution was to schedule time for fun and time to study.

What are some tips for students at CSUF?

Keep an open-mind to new experiences. Get involved! Whether it’s an honor society, an internship, club, etc. Try to expand your social circle. You will interact with different people in the process and enrich your college experience. Whether it is a good or bad experience you will grow as a student, leader, and an individual.

What are some benefits you have had through being involved?

There were so many opportunities I’ve taken from being involved. It was a chain reaction from Fresh Air Advocates, to ICC representative, to the HHD-ICC board, and to Student Ambassador. I definitely improved my networking skills as well as made life-long friends.

Claudia recently transferred from Santa Monica College and is a third year Health Science major with an emphasis in Health Promotion & Disease Prevention with a minor in Child & Adolescent Studies. She is expecting to graduate in Spring 2019 and become a Physician Assistant, specializing in dermatology or general practice. On campus she participates in the 25-35 study campaign, was an intern and ICC representative for the Fresh Air Advocates, and is now the Director of Administration for HHD-ICC. She is also one of the smiling faces in the College of Health and Human Development’s Student Success Center as a Student Ambassador. Off Campus she is an OB Coordinator for Valley Presbyterian Hospital and volunteered at Mission Medical Clinic. Living the “Titan Experience” has exceeded all her expectations.

TITAN PRIDE

“Give to those who have nothing to give to you”
~Rupi Kaur

HEALTH AND HUMAN DEVELOPMENT STUDENTS REACH HIGHER!