What are some tips for students at CSUF?

Surround yourself with people that are actively pursuing their goals. Make a list of goals/priorities one semester at a time and apply yourself in each area. Time management helps prioritize the goals you set for yourself. Stay ahead of the game and stay focused.

How has HHD prepared you for your future?

HHD has provided many opportunities to network with my peers and professors within the university setting, looking to further advance health development. HHD provides networking, internship opportunities and ability to be involved on campus.

What are some benefits you have had through being involved?

Becoming involved in KON & CSA has allowed me to take a leadership role. By planning events, creating connections between students, giving back to the community through community service, and learning to interact with older adults on a professional level, as well as a social level. Being involved has also allowed me to meet people with their own personal journey of life and fitness, and that is one of the most important aspect I have learned. You can learn and grow so much by being involved.

What are some challenges you’ve faced? How did you overcome them?

As a transfer student, course work expectations here at CSUF is definitely higher. I’ve adjusted by creating study groups in class. Today, we are all close friends and value the time we spent studying for hours to achieve success.

“The relationships and connections you make here (CSUF), are more important than any amount of education you receive.”

~Dr. Noffal