Lindsey Perino

College of Health and Human Development | STUDENT SPOTLIGHT

What are some benefits you’ve had through being involved?
Some benefits I have had through being involved is easy access to faculty and fellow peers. Part of my role as president is to meet with the faculty of the social work program which helps me establish connections with them. I am also considered the spokesperson of the club so many of my fellow students reach out to me.

How has HHD prepared you for your future?
HHD has prepared me for my future by providing resources necessary for me to succeed in the classroom as well as in my future career.

What are some challenges you have faced? How did you overcome them?
The main challenge I have faced is juggling my club position with homework, class, work, and internship. I overcame this challenge through time management. I use a planner to map out my day and priorities. I also make sure to include self-care as well.

TITAN PRIDE

Lindsey is a second year Masters of Social Work student and she is expecting to graduate from her program in the spring of 2019. Her goal is to become a certified social worker in order to provide counseling services and resources to vulnerable populations. Lindsey is the president of the Masters of Social Work Association Club. Being involved has helped her establish bonds with her peers as well as her faculty.

What are some tips for students at CSUF?
Some tips for students at CSUF is to get involved with an organization that aligns with their interest. Even if they don’t feel like they have the time for any extra-curricular activities. They will meet amazing individuals who can help them on their way to success. Also, to seek advice from professors and other resources provided on campus. Everyone wants us to succeed. Never be afraid to ask for help!

“Be gentle with yourself. You are doing the best you can.”
Unknown Author

HEALTH AND HUMAN DEVELOPMENT STUDENTS REACH HIGHER!