What is a challenge you have faced and how did you overcome it?

A challenge I faced was the transition from living at home to living in a completely different area. I was nervous and unsure of how it was going to be. I overcame this by making some friends, joining a club, and becoming more familiar with the campus. Shortly after I started to adapt to my new lifestyle!

What are some tips you have for CSUF Students?

Get out of your comfort zone and get involved! You will learn so much about yourself if you try new things and explore areas you normally would not.

How has CHHD Prepared you for the future?

The College of Health and Human Development has prepared me for my future by giving me extreme support and valuable advising. Also, living on the HHD Theme Community my first year provided me with numerous opportunities to start connecting with people and faculty within my college and my department.

CSUF has prepared me for my future by providing various resources and advising. The faculty have also played a big role with helping me get on the right track by giving me advice and guidance. Everyone is extremely supportive and they really want students to succeed.

"Dreams and dedication are a powerful combination."

~William Longgood