What are some benefits you have had through being involved?
One of the most beneficial aspects is that it has offered me the chance to develop and build skills that I would not get to otherwise. Participation has encouraged teamwork and collaboration, not to mention learning how to work together on a larger scale. This then leads to opportunities to step up and lead my peers.

What are some tips you have for CSUF Students?
Students should take full advantage of campus resources. Using services can prepare you for a course, career, or for learning effective writing and studying skills.

How has CHHD Prepared you for the future?
The College of Health and Human Development has helped me with my future by providing student success activities and opportunities. From being able to have a peer mentor in the same major as me to living with other CHHD students, my confidence in networking with faculty and peers has increased and I have greatly benefitted from these experiences.

What is a challenge you have faced and how did you overcome it?
The hardest challenge was transitioning to a new school. By joining a club on campus, I was introduced to more people and networking without even realizing it. Stepping out of my comfort zone lead to meeting faculty, staff, and my peers.

"Don’t give up, don’t take anything personally, and don’t take no for an answer."
~Sophia Amoruso