What are some benefits of being involved?

As a natural introvert, the thought of getting involved in something unfamiliar can be nerve-wracking. After getting past that initial nervousness and then getting involved, I have not only improved my communication and team-working skills, but I have also grown more comfortable with taking chances and trying new things in my academic career.

What are some tips for students at CSUF?

Participating in class makes a huge difference! Asking and answering questions gets you involved in your work, and professors will recognize you too. This comes in handy when you need letters of recommendation later on!

How has the College of Health and Human Development Prepared you for your future?

CHHD has provided ample opportunities to get involved on campus. Being in such a friendly environment with many resources, faculty, and students has helped encourage me to join programs and be more involved in my education.

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

One challenge I face from time to time is feeling overwhelmed by schoolwork and other responsibilities. To overcome this anxiety, I try to focus on one thing at a time. I’ll start with assignments that are due the earliest, or are the most difficult, and work from there.

“Success is liking yourself, liking what you do, and liking how you do it.”
~Maya Angelou