

# Ben Quan

College of Health and Human Development | STUDENT SPOTLIGHT

## What are some tips you have for students at CSUF?

Get involved! Don't use "I'm too busy" as an excuse. Do it! You're not going to get less busy moving forward, so just do it! Get involved! Start by joining a club. It will be one of the best decisions you make!

## What are some challenges you have faced and how did you overcome them?

Learning how to let go of toxic relationships. Many of us who are in the helping profession are told to meet our client where they are. This can sometimes transfer into our personal lives and consume our well-being. We have to let go but we feel guilt. Letting go is healthy for you, and it challenges those around you to rise to your level. Once I began to let go of toxic relationships, I rediscovered my self-worth again.

## How has the CSUF prepared you for your future?

CSUF has helped me by showing me that it is a safe place to be myself, and to pursue personal and career goals. My involvements in ASI and AICA as an undergrad showed me support and introduced me to the diversity on campus.

## TITAN PRIDE

Ben Quan is a second year **Master of Social Work** student. Ben plans to become a practicing clinical social worker after graduating. After that he hopes to become a Licensed Clinical Social Worker. Ben wants to help build stronger and healthier communities starting with mental health, which is still seen as a stigma in many cultures. He also aspires to obtain his doctorate degree in Social Work or Social Welfare and instruct students at the University level. Ben is



involved in the Master of Social Work Association and the National Association. These involvements have helped develop Ben into a well-rounded student and familiarize him with the campus and the College of Health and Human Development.



## What steps are you taking to graduate on time?

I am putting employment on hold for two years in order to dive into school and soak up everything it has to offer. It's been one of the best decisions I've made.

**"Seek respect not attention,  
it lasts longer."**

*~Anonymous*

HEALTH AND HUMAN DEVELOPMENT STUDENTS REACH HIGHER!