

Gloria Alonzo

College of Health and Human Development | STUDENT SPOTLIGHT

What are some tips you have for students at CSUF?

My advice would be to get involved early so if you find clubs you enjoy then you will see yourself grow as a person. I would also suggest you join clubs that you thoroughly enjoy so it never feels like you are forced to be there. Most importantly, have fun and don't be afraid to make new friends!

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

CHHD has provided me with courses that have helped me plan for my future goals. Being a member-at-large in the ICC, I have learned the importance of collaboration and teamwork, skills that I will need in any career I pursue.

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

One of the greatest challenges that I have faced has been keeping my activities and school balanced. I have overcome this challenge by staying organized! I always try to make time for friends and family because they keep me motivated!

TITAN PRIDE

Gloria Alonzo is a third year **Health Science** major. Gloria plans to get a



Master's in Public Health and work for UNICED or UNAIDS. Gloria is a member-at-large on the College of Health and Human Developments Inter-Club Council, Historian for Consent is Key, and mentee in the Deans Titan Academy. In addition to her leadership positions, she is a member in Hermanas Unidas, Newman Catholic Club, and a Peer Educator in the Violence Prevention Program.

Being involved in these clubs and organizations has helped Gloria manage her time better and be more organized. She has enjoyed being able to collaborate with people within different disciplines and majors who have similar interests in the organizations she is a part of.



What steps are you taking to graduate on time?

I check my TDA to make sure that I am taking the appropriate classes and get it checked by an advisor. I also strive to get good grades in those required courses.

“Be brave enough to start a conversation that matters.”

~Margaret Wheatley

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