What are some tips for students at CSUF?
I recommend getting a mentor when you start at CSUF to become familiar with your program. Also getting involved in organizations that interest you. Follow your dreams and let them transform you.

How has HHD prepared you for your future?
HHD has helped me become motivated to change the outcome of my future. I am not afraid to reach out to my college for anything. HHD has given me every opportunity and advantage to better prepare me for what lies ahead in my journey to my PhD.

What steps are you taking to graduate on time?
I am part of the Ronald E. McNair Scholars Program and I am on schedule to graduate and be accepted into a PhD program. I have been working hard, managing straight A’s and most importantly, taking care of myself.

TITAN PRIDE
Shayna is currently a junior with a major in Human Services with an emphasis in the Mental Health Tract. She also has a minor in Sociology. Her long term goals are to become a professor and researcher. She is very involved on campus. She is the Vice President for SAAPSA (Substance Abuse Awareness Prevention Student Association), the Director of Events for HHD-Inter Council, and a member of HSSA (Human Services Student Association). She is also a proud mother of two boys which helps her be more motivated to succeed in school.

What are some benefits of being involved?
Being involved has helped me create a network of support with like minded individuals. It’s become my family away from home.

“Change your thoughts and change your world.”
~Unknown