

Fall 2020

# CASSA Newsletter

CALIFORNIA STATE UNIVERSITY, FULLERTON



CHILD AND ADOLESCENT STUDIES STUDENT ASSOCIATION

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## Executive Board



(pictured left to right)

### Executive President

Edward Reyna

### Vice President

Briana Gonzalez

### Departmental Awards and

### Activities Manager

Clara Dao

### Membership Manager

Presley Moffett

### Finance Manager

Mychal Gabb

### Community Projects Managers

Janine Morales & Madeline Espinoza

### Advisors

Dr. Michelle Ramos & Dr. Sasha Zeedyk

### ICC Representative

Kevin Linsangan

### Information Manager

Bryan Ortiz

### Professional and Career

### Development Manager

Alyssa Ruiz

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## Note from the Information Manager

**Hello CASSA, during these unprecedented times in the world, we thank you for continued support. The pandemic has created many challenges for the community and in our daily lives. The CASSA Board is working hard to be able to connect with members and provide virtual event opportunities and to get to know you through weekly Zoom meetings and socials. The virtual semester has not provided the ideal conditions for students or the club, but we look forward to working together to make the coming semester fun. ~Bryan Ortiz**

## A Word from the Members

**What is one memorable CASSA experience?**

### **Kathy Trinh**

**My memorable CASSA experience would be the St. Jude's Children's Hospital Walk. Of course, the St. Jude's Children's Hospital Walk event was very different from what it would normally look like considering the current circumstances, but it was still enjoyable overall. Although I participated in this virtual event from the comfort of my home, I still felt moved by the main purpose of this event. Bringing awareness and raising funds for childhood cancer is important considering how many children and families have been affected by this disease. Simply participating in this event made me feel more connected with my community and made me feel like I was able to help make a difference. So many different groups, organizations, family members, and more came together in order to help our future, the children.**



## Christina Nguyen

Despite it being significantly harder to network and meet new people virtually this semester, I am thankful for CASSA general meetings more than ever as they provided me opportunities to chat with fellow club members. Perhaps the most memorable meeting for me was one that I attended toward the beginning of this semester. As per usual, we started off by reviewing the following week's virtual volunteering opportunities before getting into the activity of the week- to collaborate with other peers in our Zoom breakout rooms and come up with a story to connect the words "dolphin" and "skydiving". I was certainly nervous to interact with the new Board and influx of members at first, but quickly found myself laughing as we formulated our elaborate story about some sea animals breaking out a captive dolphin from his enclosure. In the following weeks, the CASSA Board worked hard to give club members event, leadership, and community service opportunities which I greatly appreciated during our time studying at home. This meeting was just one of the many positive memories I have with CASSA that I will remember as some of the better parts of a virtual semester at CSUF.



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## What is the Importance of Voting?

### *CASSA Members Share Their Thoughts Amid November's General Election*

#### **Daisy Herrera Sanchez**

**The importance of voting is for citizens to have the opportunity to choose who represents them. It is also a chance to take part in community decisions. Voting is one of the many actions that Americans could take with their freedom that many in other countries aren't able to do. Also, voting allows people to make a difference by choosing leaders and learning about the issues surrounding you. It is a privilege that a citizen can take action to influence laws and use their voice to be heard during elections.**

#### **Nancy Orozco**

**The importance of voting is that it allows us as citizens to have the opportunity to elect someone who will represent us, and it allows us to make our voices heard. We vote for leaders to represent our ideas and support our interests as well. Another reason it is important to vote is that we vote on local issues. It includes many important propositions, and by voting, one is deciding on these issues affecting our everyday lives.**



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## Brooke Sasaki

Voting is important because it allows citizens to participate in democracy. People are able to vote and make an impact on the legislature, the congressmen, and more. It directly impacts the lives of the people, so that is why it is important to vote. Voting affects families and children because it impacts laws and the people who make decisions that can impact them. For example, someone may want to vote for someone who will invest more in education than the candidate who will invest more in business. To me, voting is a way to directly make an effect on the government. Since we are able to affect what happens in our government, we should use this opportunity to make a difference.



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## Faculty Spotlight

### Dr. Janna Kim



#### Major/Degree for Graduate and Doctorate Degree:

**Bachelor of Arts: Psychology**

**Doctorate: Developmental Psychology**

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## **Favorite Class to Teach**

**I am known to say every class is my favorite class! CAS 300: Elements of Effective Professional Communication is special to me because in this class, I get to know students and introduce them to the necessary skills for their academic and professional careers. Students are still relatively new to the CAS class sequence so it's a great way for students to get an idea of what's to come.**

**CAS 325B: Age 9 Through Adolescence is special because most students are close to graduating and we talk a lot about how the Child and Adolescent Development major will help them with what comes next in their careers.**

## **An Interesting Fact About Yourself**

**I am biracial, half Korean and half White, which has shaped my personal and professional experiences because from an early age I was exposed to two different cultures in the home through my mom and dad and extended family.**

**Understanding cultural influences is a big part of what I teach and study now, and as someone who belongs to two cultures, I have a unique perspective.**

## **Hobbies**

**I love riding bikes especially when visiting Denmark where my husband is from. I also enjoy watching movies and tv shows.**



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## **What was one of the biggest challenges you have faced in your college experience and how did you overcome that?**

**I was always a very quiet, introverted student. I was the student who would sit in the back and never the person to participate during class. Even meeting professors for office hours made me nervous. Eventually, I learned that I needed to do this as part of college and was able to through the help of kind professors who made me feel valued.**

**Another challenge I faced, and continue to face to this day, is that I am a very slow writer. This was very difficult in grad school. In my PhD program, after you complete all your courses in the first two years, you have to complete a big exam to move on in the program. For this exam, we were locked in a computer lab and had to write three research papers, from start to finish, in the span of 8 hours with no previous knowledge of what the prompts would be. On the day of the exam, I panicked and by the halfway mark, I had written only about one paragraph. Before the lunch break, the printer started going off as my peers started printing their first paper and began working on their second. In an attempt to calm down, I decided to switch to a new essay. I started on my second paper, but soon I heard the printers starting again as students finished their second paper. Meanwhile I had one paragraph for prompt #1 and about one paragraph for prompt #2. After the exam was over, my friends went out to celebrate, whereas I went home and cried, fearing I would be kicked out of grad school. In the end, with the help of my advisor, I advocated for myself and challenged the results of the exam, arguing that the circumstances of the test did not allow me to showcase my knowledge. I was granted the chance to reattempt the exam, which I passed and I was able to stay in the program. I even won an award from the American Psychological Association for my dissertation, showing it was really the test itself, not my ability, that was the problem. As a result of this experience, I am very empathetic when I hear my current students suffer from test anxiety.**



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## **How were you able to balance your life with work, school, family, and friends throughout your college experience?**

**I always maintained a good mindset and understood that college was about academics and personal growth but also about being social and having fun. I worked at Jamba Juice while I was in college, which was not too demanding, and the hours were not crazy. I always remembered to make time for friends and family.**

## **What are some pieces of advice that you are willing to share with incoming students/current students about the CAS department?**

**Try to get to know your professors. Don't be scared to ask questions. Visit them in office hours. It's a good place to get a deeper understanding of class but also to form a connection with professors. CSUF is a teaching college and your professors teach here because we want to teach and support our students. Your professors can help you when you're feeling overwhelmed. We want to help you succeed and we can show you how to make the most of your university experience. Also, join CASSA or other clubs to get to know your peers.**

## **What are some common challenges that you perceive students to face when first coming to college or throughout their college experience? What advice would you give to them?**

**It can be an intimidating experience because of Fullerton being a commuter campus so we don't all eat at the same place so it can be hard to build connections with a campus of so many students. Learning APA while growing up with MLA can be seen as not relevant so why are students being forced to learn this style. It is part of learning how we communicate in this discipline.**



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## What do you know now that you wish you knew at our age?

**I wish I knew that the path to success and happiness is not always clear or straightforward. There will be obstacles that come up that you do not expect. You may end up doing something completely different than what you had planned. College is a time when you can explore and learn something new, either about a topic or about yourself. Some paths may be scary and may require you to take a risk, but those paths can be the most rewarding in the end.**



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**THANK YOU FOR READING!**



**Website:**

<http://hhd.fullerton.edu/cas/currentstudents/cassa/index.php>

**Email:**

[csuf.cassa@gmail.com](mailto:csuf.cassa@gmail.com)

**Instagram:**

@csuf\_cassa

**Meetings:**

**Thursday 12:00pm – 12:45pm**

\*CASSA has gone virtual! The Zoom meeting links are found in our weekly Sunday Update.