



2nd Annual

Transfer Student Success Summit

Division of Academic Engagement and Student Achievement

Friday, July 13, 2018

Peterson Gym 153





**SAN DIEGO STATE
UNIVERSITY**

Division of Academic Engagement &
Student Achievement

Transfer Student Outreach Alliance

Career Services

Weber Honors College

Parking Services/Transportation
Services

2nd Annual

Transfer Student Success Summit

July 13, 2018

Division of Academic
Engagement & Student Achievement

SPONSORSHIP



SAN DIEGO STATE UNIVERSITY

*Division of
Academic Engagement & Student Achievement*



SAN DIEGO STATE UNIVERSITY

Transfer Student Outreach Alliance

WELCOME

Welcome to San Diego State University!

Today is a day when you can learn about the critically important academic programs that will make your time at SDSU one that will launch you into a career or graduate program to fulfill your dreams. The name of our Division reflects what you will explore today how to be academically engaged and achieve success! As a transfer student, which I was as well many years ago, we want to be sure you are prepared to move into the kind of activities that are appropriate for your academic level so that you can complete your degree and participate in all that SDSU has to offer in a timely fashion.

It all starts now!

Norah P. Shultz, Ph.D.

Associate Vice President for Academic Affairs Student Achievement Division
of Academic Engagement & Student Achievement

Transfer Student Success Summit Welcome Address

Dr. Stanley Maloy

Dr. Stanley Maloy is Associate Vice-President in the Graduate and Research Affairs. Dr. Maloy was previously Dean of the College of Sciences, and is the Director of the Center for Microbial Sciences, and a Professor in Biology at San Diego State University. He received his Ph.D. in Molecular Biology and Biochemistry from the University of California, Irvine and conducted postdoctoral research in Genetics at the University of Utah. Stanley then served on the faculty at the university of Illinois, Urbana-Champaign for about 18 years before accepting a position where he is today at San Diego State University. Stanley is a former President of the American Society for Microbiology, is an elected Fellow of the American Academy of Microbiology, has authored several books on microbial genetics, and has been widely recognized for his excellence in teaching.

Stanley Maloy, Ph.D.

Associate Vice President for Research and Innovation
Graduate and Research Affairs

Transfer Student Outreach Alliance (TSOA)

Welcome!

Welcome to San Diego State University (SDSU) -- we are glad you're here!

At SDSU we welcome transfer students at all stages of their college careers. The university greatly values the diverse backgrounds and experiences transfer students bring to SDSU with students coming to us from community colleges, other colleges and universities, all over California, surrounding states, and other countries. We understand that starting at a new college is exciting and can be challenging, so today's Transfer Student Success Summit was designed to connect you to campus resources, faculty & staff, and experiential opportunities earlier, so that we can help you strengthen your pathway to academic and career success.

Congratulations on your decision to pursue your degree here at SDSU, and welcome to our community! Please contact the Transfer Student Outreach Alliance if you have any questions at tsoa.aesa@sdsu.edu.

We look forward to meeting you and assisting you during this transitional period, and wish you the best during your academic career at SDSU!

Michelle Lopez, M.A.
Assistant Dean
Division of Academic Engagement & Student Achievement

TRANSFER STUDENT SUCCESS SUMMIT PROGRAM

AGENDA

Friday, July 13, 2018

8:30 am - 2:00 pm

Peterson Gym, SDSU

8:30 am - 9:15 am

Registration (Inside Peterson Gym)

Peterson Gym Room 153

9:30 am

Dr. Stanley Maloy, Associate Vice President of
Graduate & Research Affairs
Welcome

9:45 am

Michelle Lopez, Assistant Dean, Division of Academic Engagement &
Student Achievement

10:00 am

Dr. James Tarbox, Executive Director, Career Services
Heather LaPerle, Associate Director of Experiential Learning, Career
Services "Engagement in Internships and the Aztec Mentor Program"

10:30 am

Dr. Lisa Kath, Director of Research & Creative Activities
""Undergraduate Research: Benefits of Engaging in Scholarly and Creative
Activities""

11:00 am

Dr. Lisa Gates, Faculty, College of Education,
Director & Adviser for the SDSU Leadership Minor
"Becoming a Leader at SDSU: Finding Your Why"

11:30 am

Dr. Martha Enciso, Associate Director, Weber Honors College
"SDSU Broader Honors Community"

Michelle Lopez, Assistant Dean, DAESA
President, Tau Sigma
National Transfer Honors Society

12:00 pm

SDSU Transfer Student Guests
Kiedra Taylor, Graduate Student, College of Arts & Letters
Nathaniel Tauzer, Psychology Undergraduate, College of Sciences

12:30 pm

Food & Refreshments

Following Lunch

*Career Services Session: Getting a Jumpstart on Internships, Employment
Opportunities and the Aztec Mentor Program*

2:30 pm

*Submit Transfer Student Success Summit Evaluation
And pick up 18-19 Academic Planner*

TRANSFER STUDENTS PERSIST AND SUCCEED AT SDSU

91% of transfer students persist from their first year to their second year of undergraduate study.

Transfer students are highly successful at SDSU when they do the following and earlier:

***Reflect on strengths and interests*

***Realize their goals*

***Connect to major advising and main campus academic advising*

***Complete at least 15 units per semester*

***Utilize all academic and social supports to support their success*

***Engage in the "right" kinds of activities that match their interests and goals (be intentional about what you participate in)*



GUEST PRESENTER BIOS

Michelle Lopez, M.A.

Assistant Dean

Division of Academic Engagement & Student Achievement

mlopez@sdsu.edu

Michelle serves as the Assistant Dean in the Division of Academic Engagement & Student Achievement. Prior to this role, Michelle directed the SDSU College of Sciences Initiative for Maximizing Student Development (IMSD Program (1999 - 2012) and consulted for the San Diego Mesa College Bridges to Baccalaureate Program, both which provided underrepresented students year-round research training and mentorship, facilitating student acceptance to biomedical/behavioral science graduate school programs. As Assistant Dean, Michelle served as the faculty adviser for undeclared students (2013 - 2016), and is currently the founder and lead of the Transfer Student Outreach Alliance student achievement initiative, serves as faculty adviser to Gates to Success (first generation college student organization, oversees National Scholarships & Fellowships (Truman, Udall, Goldwater scholarships), and leads the Pre-Graduate school component to support students from all disciplines preparing for advanced-degrees. Michelle is a graduate student in the UCSD-CSU San Marcos Educational Leadership Joint Doctoral Program. Her special interests include transfer student persistence and retention, retention of underrepresented minorities in Science, Technology, Engineering and Science, and academic engagement and performance of first-generation college students.

James Tarbox, Ph.D.

Executive Director, Career Services Center

<http://career.sdsu.edu>

James J. Tarbox, Ph.D. serves as the Executive Director for Career Services at San Diego State University (SDSU). SDSU Career Services functions as the central campus career center, partnering with the Colleges that make up the campus. James is the campus co-administrator of the award-winning campus WorkAbility IV program at SDSU, and teaches on campus. He also serves as Chair for the Campus Internship Working Group, which is part of the campus strategic plan, Building on Excellence. He is the 2017 -18 co-chair of the Leadership Advancement Program for the National Association of Colleges and Employers (NACE). He is also a member of the NACE Diversity and Inclusion Committee for 2018 - 19. He served recently as the Chair for Education & Workforce Development Policy Committee for the San Diego Regional Chamber of Commerce. He is a past president of MPACE (Mountain Pacific Association of Colleges and Employers, www.mpace.org) and a founding member of the leadership development team for career center directors, is an active member of the National Association of Colleges and Employers (www.naceweb.org), and is on the editorial board for the Journal of Student Affairs Research and Practice of NASPA (www.naspa.org). James is an alumnus of Penn State University (M.A. and Ph.D.) and Bates College (B.A. with Honors).

GUEST PRESENTER BIOS

Heather LaPerle

Associate Director of Experiential Learning, Career Services

Heather is the Associate Director of Experiential Learning in Career Services. In her role, Heather works collaboratively with campus partners to build relationships and infrastructure in order to promote and track student involvement in high impact practices, specifically internships, mentoring, and service learning. Heather previously worked in Career Services as the Campus Internship Coordinator for 4 ½ years. Throughout her time in Career Services, Heather has been committed to the creation of programming that is educational, meaningful and impactful to student, staff, faculty, and the campus community at-large. Heather has worked at SDSU for 11 years in various offices including the Academic Advising Center, Compact Scholars Program, the Business Advising Center and Career Services. Heather earned both her Bachelor's and Master's degrees at SDSU and is a proud Aztec for Life.

Lisa Kath, Ph.D.

Director of Undergraduate Research and Creative Activities
San Diego State University

Dr. Kath is the new Director of Undergraduate Research and Creative Activities at San Diego State University. She has a strong research program in industrial organizational (I-O) psychology with emphasis on worker stress and safety as well as issues of workplace harassment and discrimination. She has a long-time commitment to undergraduate instruction, having taught all three undergraduate classes in I-O psychology at SDSU and served as a speaker in Careers in Psychology classes or Psi Chi meetings at both 4-year institutions (SDSU, UCSD, and USD) and community colleges (Miramar, San Diego City College, and Mesa). She has mentored 32 undergraduates in her research lab and served on 6 undergraduate honors thesis committees since she started at SDSU in Fall 2006. Three of her undergraduate research assistants were McNair Scholars, and 12 have presented at local and/or national research conferences.

Martha Enciso, Ed.D.

Associate Director, The Weber Honors College
honors.sdsu.edu

Dr. Martha Enciso serves as the Associate Director for the Weber Honors College at San Diego State University (SDSU). In her role, she advises students on national scholarships and fellowships as well as high impact practices. Dr. Enciso works closely with Assistant Dean Michelle Lopez to help transfer students and first-generation students learn about high impact practices as well as opportunities to advance their career. Dr. Enciso teaches various courses in the Honors College focusing on identity, high impact practices, and a senior capstone course. She has experience working in cultural centers, international education, student retention, diversity initiatives, and with first generation college students as well as transfer students. Dr. Enciso presents her work nationally and serves on the National Association of Student Personnel Administrators (NASPA) Latinx/a/o national leadership team and the NASPA Region VI Southern California Advisory Board. Dr. Enciso is a three time Trojan having earned all her degrees at the University of Southern California. She received her Ed.D. in Educational Leadership, Masters of Education in Postsecondary Administration and Student Affairs, and a Bachelor of Arts degree in Sociology.

GUEST PRESENTER BIOS

Lisa Gates, Ph.D.

Director of the SDSU Leadership Minor and the MA in Postsecondary Educational Leadership with a Specialization in Student Affairs

Dr. Lisa Gates is a faculty member at San Diego State University where she teaches graduate and undergraduate courses in leadership and serves as the Director for the SDSU Leadership Minor and for the master's in Postsecondary Educational Leadership. She earned her Ph.D. in Communication from the University of Southern California where her dissertation was nominated for the International Communication Association Dissertation of the Year Award. She spent the early part of her career as a corporate management consultant. An award-winning instructor, she also publishes in the areas of qualitative methods, women in leadership, organizational and health communication, integrative inquiry, and narrative pedagogies. She has taught at the University of Southern California, San Diego State University, and at San Diego Christian College, where she was founding chair of the department of communication. As an educator and speaker, her work is grounded, socially conscious, and provocative, developing and coaching leaders in techniques that promote self-and-other awareness while advancing leadership competencies. She serves on the Student Affairs Inclusive Diversity Committee at San Diego State University. Dr. Gates is an educator who seeks to embed love in higher ed and who consistently seeks to guide students to outperform expectations and exceed goals

STUDENT PANEL BIOS

Transform your College Experience via Early Campus Engagement

Transfer Student Outreach Alliance

TSOA supports and advances the success of transfer students by connecting students directly to campus resources and promoting early engagement in high-impact practices such as leadership, internships, service learning, study abroad, and/or undergraduate research.

Today's current student or alumni panelists will share how they participated in these various opportunities, what they gained from their participation, how they forged effective partnerships with mentors and advisers and how they coped with the transition to maximize their success at SDSU.

TSOA Website: tsoa.sdsu.edu

TSOA Email: tsoa.dus@sdsu.edu

Kiedra Taylor, Graduate Student, English Literature

Kiedra is a second-year graduate student in the College of Arts and Letters at San Diego State University (SDSU) where she is studying English literature with an emphasis in children's literature. As co-founder of the Transfer Student Outreach Alliance (TSOA) Student Organization, she helps to foster transfer student success through mentorship and service leadership. Her years of experience as a supplemental instruction (SI) tutor at San Diego City College together with her experience as a Rhetoric and Writing Fellow at SDSU prepared Kiedra for her work as a Graduate Teaching Associate in both the English and Rhetoric departments. An active member of the English Graduate Student Organization, Kiedra researches how marginal identities manifest in various literatures. She plans to pursue a Ph.D. in English in hopes of becoming a community college and/or university professor who will help students to recognize themselves in various literatures and take what they learn back to their own communities.

Nate Tauzer, Psychology and Sustainability (San Diego Mesa College)

Nathaniel Tauzer grew up on a sixth generation working farm. His foundation for a career as a Conservation Psychologist began with an appreciation of the challenges and trials of producing food. When he was picking a major, he realized that his unique family background of beekeeping allows for greater understanding of all the elements of sustainable food production. This background provided him with the opportunity to help others connect to the environment. He has taken on leadership roles as a Peer Navigator, President of Psi Beta, President of TerraMesa, Director of H.O.S.T, and a SEEDS scholar. He is Founding President of the Sage Club at SDSU and has served in leadership roles for PsyMORE (Psychology OutReach in Education) and Transfer Student Outreach Alliance. . He wants to be the bridge between the world of sustainable food science and our community. He strives to bring understanding and interest in our environment, which will help us reclaim what many have forgotten.

HIGH-IMPACT PRACTICES (HIPs)

San Diego State University students have the opportunity to participate in many practices that are called, “high-impact learning or high-impact educational experiences.” Educational research (Kuh, 2008) has shown that college students from many backgrounds benefit from participating in high-impact educational activities. The activities below are identified as high-impact practices (HIPs) because students are actively engaged in the learning process and are able to apply their learning beyond the classroom to their personal and work lives.

All transfer students are encouraged to complete at least two HIPs before graduation:

1. First-Year Seminars and Experiences
2. Common Intellectual Experiences
3. Learning Communities
4. Writing-Intensive Courses
5. Collaborative Assignments and Projects
6. Undergraduate Research
7. Diversity/Global Learning
8. Service Learning, Community-Based Learning
9. Internships
10. Capstone Courses and Projects

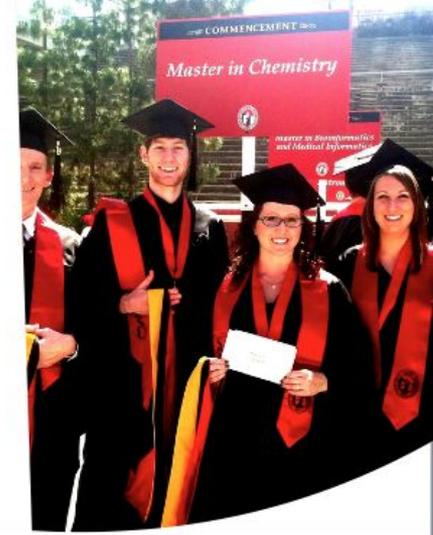
Benefits of Participation in HIPs Provide Students the Opportunity to:

- Examine and solve problems
- Work collaboratively with faculty, staff, graduate students or peers
- Experience real-world applications
- Reflect on learning experiences
- Improve and enhance the quality of your overall learning experience, retention, and success, particularly for underserved students
- Improve time to earn your degree

INTERNSHIPS

SDSU recognizes the National Association of Colleges and Employers (NACE) internship definition. An internship is a form of experiential learning that integrates knowledge and theory learned in the classroom with practical application and skill development in a professional setting. Internships give students the opportunity to gain valuable applied experience and make connections in professional fields they are considering for career paths; and give employers the opportunity to guide and evaluate talent.

Internships are high impact practices that allow students to develop professionalism and learn how to apply the knowledge needed to transition successfully into the workplace. Internships are hands-on, experiential opportunities that bridge your academic work with an industry or field in the professional world.



SDSU Career Services

The Aztec Mentor Program & Internships for SDSU Students

James J. Tarbox, Ph.D.

Executive Director, Career Development and Services

Heather LaPerle, M.A.

Campus Internship Coordinator, Career Services

About the Presenter

- James Tarbox, Ph.D.
- Executive Director, Career Services
 - Campus Co-Administrator, WorkAbility IV
 - Chair, Campus Internship Working Group
 - Co-Chair, NACE Leadership Advancement Program
- Penn State University Alumnus
 - Ph.D. & Masters in Communications
- Bates College
 - Bachelor of Arts in Communications

CAREER SERVICES

AZTEC CAREER CONNECTION

Career services manages extensive online career and employment resources. This 24/7 service allows you to access thousands of employment and internship opportunities, post and submit resumes, sign up for on-campus interviews, and access other career development tools.

CAREER DEVELOPMENT ASSESSMENT TOOLS

We offer career assessments that you can use in every stage of your professional development – from choosing a major to assessing occupations and graduate programs. Make an appointment to meet with a career counselor to obtain a referral, as well as complete post-assessment interpretation and planning.

AZTEC MENTOR PROGRAM

The SDSU Aztec Mentor Program (AMP) pairs eligible juniors, seniors, and graduate students from all majors in mentorships with established alumni and professionals both in San Diego and nationwide. AMP empowers students to gain valuable career guidance in areas such as networking, interviewing, and resume development. Career services and Alumni Engagement started AMP in 2013. AMP has seen incredible growth, from 345 matches in 2013 to 1,249 in 2016 – a 262% increase.

INTERSHIPS

Internships provide students with the opportunity to bridge classroom learning and career development. Our center provides the resources, connections, and guidance to assist students. Each semester, we offer Internship 101, 201, and 301 to address the needs of students as they advance through internships. We also offer current information regarding for-credit internships, and work closely with faculty to identify and grow internship sites. SDSU students excel in internship participation; in 2015-2016, over 3,300 students completed internships.

ON-CAMPUS INTERVIEWING

Each semester, Career Services hosts employers, representing a range of industries, who conduct interviews on campus with students and alumni. You can apply for positions and schedule interviews directly via Aztec Career Connection. In 2015-2016, Career services hosted over 1,700 on-campus interviews.

VETERANS

Career Services has an active partnership with the Joan and Art Barron Veterans Center. The two areas collaborate to provide support for students and alumni who are veterans. These initiatives include Veteran Student Assistants who provide support for career development.

CAREER COUNSELING AND WORKSHOPS

Our career counselors are experts on supporting the career development needs of college students and graduates. Schedule an appointment to assist you with your career planning, job search, resume review, major selection, and career assessment referral. Walk-in sessions are available for quick questions. We also offer workshops in various career-related topics. Visit our website for current walk-in hours and workshop offerings.



**SAN DIEGO STATE
UNIVERSITY**

Career Services

Division of Student Affairs

Student Services East - Room 1200

(619) 594-6851

career.sdsu.edu

SDSUCareers:



CAREER FAIR EVENTS

2018-2019

FALL 2018

FALL CAREER AND INTERNSHIP FAIR

Wednesday, September 12, 2018

Montezuma Hall

10 am - 2:30 pm

Thursday, September 13, 2018

Montezuma Hall

10 am - 2:30 pm

GRADUATE AND PROFESSIONAL SCHOOL FAIR

Thursday, October 11, 2018

Montezuma Hall

10 am - 2:30 pm

STEM CAREER FAIR

Wednesday, October 24, 2018

Montezuma Hall

10 am - 2:30 pm

SPRING 2019

SPRING CAREER AND INTERNSHIP FAIR

Wednesday, February 13, 2019

Montezuma Hall

10 am - 2:30 pm

Thursday February 14, 2019

Montezuma Hall

10 am - 2:30 pm

FOWLER COLLEGE OF BUSINESS CAREER FAIR

Thursday, March 7, 2019

Montezuma Hall

10 am - 2:30 pm

NON-PROFIT AND EDUCATION CAREER FAIR

Thursday, March 21, 2019

Montezuma Hall

10 am - 2:30 pm

JUST IN TIME CAREER FAIR

Thursday, April 18, 2019

10 am - 2:30 pm

*Dates and locations are subject to change



EMPLOYER FAST FACTS:

In 2015-2016, Career Services hosted 551 employers and organizations who participated in 7 career fairs. During the same period, over 3,600 employers posted 2,252 paid internships and 8,927 full-time jobs.

LEARN MORE AT CAREER.SDSU.EDU

SDSU CAREER SERVICES

FALL 2018 WORKSHOPS & EVENTS CALENDAR



**SAN DIEGO STATE
UNIVERSITY**

Career Services
Division of Student Affairs

**EXPLORE
ENVISION
ACHIEVE**

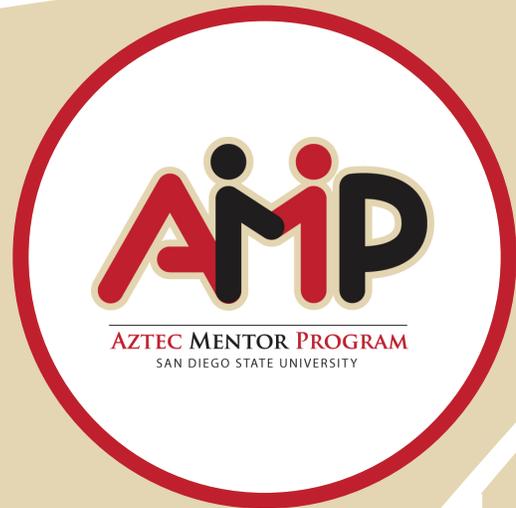
MOVE YOUR CAREER
forward

Apply for a Mentor in Fall 2018

REGISTER FOR A MENTOR

August 20 - September 28

at amp.sdsu.edu



JUNIORS, SENIORS, AND GRAD STUDENTS:

The SDSU Aztec Mentor Program connects you to alumni and professional mentors. Meet with a mentor who can assist with professional development, career insights, and building a professional network.

ORIENTATION DATES

CAREER SERVICES (Student Services East 1200)

Thurs. August 23, 2:00pm-2:30pm

Tues. August 28, 11:00am-11:30am

Fri. August 31, 12:00pm-12:30pm

Wed. September 5, 3:00pm-3:30pm

Tues. September 11, 12:30pm-1:00pm

Thurs. September 20, 3:30pm-4:00pm

Wed. September 26, 1:00pm-1:30pm

Fri. September 28, 11:00am-11:30am

EMAIL QUESTIONS TO
amp@sdsu.edu

SPECIAL EVENTS 2018

SDSU CAREER SERVICES

Thursday

August 30

2:00pm-4:00pm

#CareerReady - Welcome Week

Join Career Services and employers to help you become career ready before graduation.

*Career Services Resource Room, SSE-1200

Sunday

September 9

5:00pm-9:30pm

JCPenney Suit-Up Event

*Fashion Valley Mall, JCPenney, 6987 Friars Rd, San Diego 92108

**Wednesday
September 12**

10:00am-2:30pm



Fall Career & Internship Fair

*Montezuma Hall, Conrad Prebys Aztec Student Union (2nd Floor)

**Thursday
September 13**

10:00am-2:30pm



Fall Career & Internship Fair

*Montezuma Hall, Conrad Prebys Aztec Student Union (2nd Floor)

Thursday

October 11

10:00am-2:30pm



Graduate & Professional School Fair

*Montezuma Hall, Conrad Prebys Aztec Student Union (2nd Floor)

Wednesday

October 17

3:00pm-5:00pm

Security Clearance Symposium

Learn about the security clearance process from Department of Defense Contractors and professionals in the Federal Government.

*Templo Mayor, Conrad Prebys Aztec Student Union (2nd Floor)

Wednesday

October 24

10:00am-2:30pm



STEM Career Fair: Science, Technology, Engineering, Mathematics

*Montezuma Hall, Conrad Prebys Aztec Student Union (2nd Floor)



CAREER FAIRS

SEPTEMBER 2018

WORKSHOP SCHEDULE

- TUE, 4 Make the Most of Aztec Career Connection**
1:00PM-2:00PM Leverage our online system to connect to employers and opportunities.
- TUE, 4 Career Fair “Dress for Success”**
2:00PM-3:00PM Design a positive impression to employers at the career fair with tips on how to present yourself professionally.
- WED, 5 Are You Career Ready?**
11:00AM-12:00PM Learn what employers expect you to know about the workplace.
- WED, 5 Internship 101: Jump Start Your Success**
3:30PM-4:30PM Learn what an internship is, why you need one and what to expect from the experience.
- THU, 6 Effective Resumes**
1:00PM-2:00PM Highlight your experiences to help boost your career potential.
- THU, 6 Career Fair Prep**
3:30PM-4:30PM Navigate the career fair with these effective strategies.
- FRI, 7 Interview with Confidence**
11:00AM-12:00PM Strengthen your skills to help you ace the interview!
- MON, 10 Resumania**
1:00PM-3:00PM Meet with Career Services staff and professionals who will review your resume.
- TUE, 11 Resumania**
1:00PM-3:00PM Meet with Career Services staff and professionals who will review your resume.
- TUE, 11 Internship 201: How to Be a Successful Intern**
3:30PM-4:30PM Move from “showing up” to “shining.” Learn how to have a successful internship search and experience.
- MON, 17 Effective Resumes**
1:00PM-2:00PM Highlight your experiences to help boost your career potential.
- TUE, 18 Interview with Confidence**
12:30PM-1:30PM Strengthen your skills to help you ace the interview!
- TUE, 18 Internship 301: Internships & Beyond**
3:30PM-4:30PM Discover how to successfully end your internship, build your network, and leverage what you learned.
- WED, 19 Managing Your LinkedIn Account**
3:30PM-4:30PM Discover LinkedIn’s greatest features to increase your visibility, search for jobs and improve your brand.
- THU, 20 Networking for Success**
12:30PM-1:30PM Create meaningful networks with other professionals using these fundamental skills.
- TUE, 25 Choosing a Major & Career Readiness**
3:30PM-4:30PM Explore how you can choose a major that can support your career goals.
- THU, 27 Planning For Graduate School**
11:00AM-12:00PM Understand the graduate school applications process and how to research graduate schools.

OCTOBER 2018

WORKSHOP SCHEDULE

MON, 1 Resumes for STEM Professions

11:00AM-12:00PM Highlight your experiences to help boost your career potential in STEM professions.

TUE, 2 Professional Etiquette & Attire

2:00PM-3:00PM Display exemplary style and confidence in professional settings using these best practices.

WED, 3 Internship 101: Jump Start Your Success

3:30PM-4:30PM Learn what an internship is, why you need one and what to expect from the experience.

THU, 4 Job Search Strategies

11:00AM-12:00PM Shape your job search by researching the companies you are interested in.

FRI, 5 Grad Fair Prep

11:00AM-12:00PM Navigate the Grad Career Fair with these effective strategies.

WED, 8 STEM Networking for Success

12:00PM-1:00PM Create meaningful connections at the STEM Career Fair using these fundamental strategies.

WED, 10 Internship 201: How to Be a Successful Intern

3:30PM-4:30PM Move from "showing up" to "shining." Learn how to have a successful internship search and experience.

FRI, 19 Resumes for STEM Professions

4:00PM-5:00PM Highlight your experiences to help boost your career potential in STEM professions.

MON, 29 Are You Career Ready?

1:00PM-2:00PM Learn what employers expect you to know about the workplace.

TUE, 16 Internship 301: Internships & Beyond

4:00PM-5:00PM Discover how to successfully end your internship, build your network, and leverage what you learned.

WED, 17 Managing Your LinkedIn Account

11:00AM-12:00PM Discover LinkedIn's greatest features to increase your visibility, search for jobs and improve your brand.

WED, 17 STEM Career Fair Prep

3:30PM-4:30PM Navigate the STEM Career Fair with these effective strategies.

THU, 18 Interviewing for the STEM Professions

11:00AM-12:00PM Strengthen your skills to help you ace the interview in STEM professions.

THU, 18 Salary Negotiation

3:30PM-4:30PM Learn to research companies and salary negotiation strategies for your first job.

NOVEMBER 2018

WORKSHOP SCHEDULE

THU, 1 **Effective Resumes**
11:00AM-12:30PM Highlight your experiences to help boost your career potential.

THU, 8 **Professional Etiquette & Attire**
1:00PM-2:00PM Display exemplary style and confidence in professional settings using these best practices.

TUE, 13 **Job Search Strategies for Non-Traditional Students**
4:00PM-5:30PM Manage your job search while leveraging your strengths as a non-traditional student.

WED, 14 **Salary Negotiation**
12:00PM-1:30PM Learn to research companies and salary negotiation strategies for your first job.

MON, 19 **Internship 101: Jump Start Your Success**
2:00PM-3:00PM Learn what an internship is, why you need one and what you should expect to get from the experience.

MON, 26 **Internship 201: How to Be a Successful Intern**
2:00PM-3:00PM Move from “showing up” to “shining.” Learn how to have a successful internship search and experience.

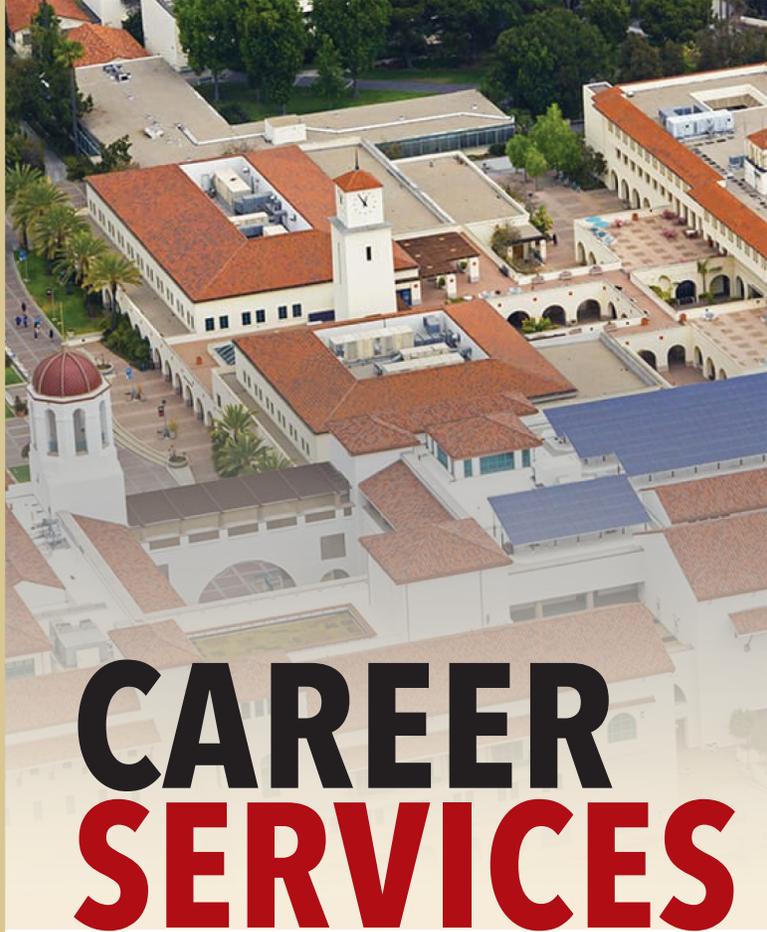
TUE, 27 **Career Planning for Spring 2019**
3:30PM-4:30PM Gear up with the know-hows of navigating upcoming career fairs with these effective strategies.

DECEMBER 2018

WORKSHOP SCHEDULE

MON, 3 **Internship 301: Internships & Beyond**
2:00PM-3:00PM Discover how to successfully end your internship, build your network, and leverage what you learned.

TUE, 4 **Choosing a Major & Career Readiness**
12:30PM-1:30PM Explore how you can choose a major that can support your career goals.



CAREER SERVICES

AZTEC CAREER CONNECTION

Career services manages extensive online career and employment resources. This 24/7 service allows you to access thousands of employment and internship opportunities, post and submit resumes, sign up for on-campus interviews, and access other career development tools.

CAREER DEVELOPMENT ASSESSMENT TOOLS

We offer career assessments that you can use in every stage of your professional development – from choosing a major to assessing occupations and graduate programs. Make an appointment to meet with a career counselor to obtain a referral, as well as complete post-assessment interpretation and planning.

CAREER COUNSELING AND WORKSHOPS

Our career counselors are experts on supporting the career development needs of college students and graduates. Schedule an appointment to assist you with your career planning, job search, resume review, major selection, and career assessment referral. We also offer workshops in various career-related topics. Visit our website for current workshop offerings.

INTERNSHIPS

Internships provide students with the opportunity to bridge classroom learning and career development. Our center provides the resources, connections, and guidance to assist students. Each semester, we offer Internship 101, 201, and 301 to address the needs of students as they advance through internships. We also offer current information regarding for-credit internships, and work closely with faculty to identify and grow internship sites. SDSU students excel in internship participation; in 2015-2016, over 3,300 students completed internships.

AZTEC MENTOR PROGRAM

The SDSU Aztec Mentor Program (AMP) pairs eligible juniors, seniors, and graduate students from all majors in mentorships with established alumni and professionals both in San Diego and nationwide. AMP empowers students to gain valuable career guidance in areas such as networking, interviewing, and resume development. Career services and Alumni Engagement started AMP in 2013. AMP has seen incredible growth, from 345 matches in 2013 to 1,249 in 2016 – a 262% increase.

ON-CAMPUS INTERVIEWING

Each semester, Career Services hosts employers, representing a range of industries, who conduct interviews on campus with students and alumni. You can apply for positions and schedule interviews directly via Aztec Career Connection. In 2015-2016, Career services hosted over 1,700 on-campus interviews.

WALK-INS

A 15-minute consultation with a career counselor allows you to address popular topics including resume/CV review, cover letter review or a referral to a career assessment for declaring/changing a major. There is no appointment needed for Fast-15 Walk-ins. Stop by with a physical copy of the item you wish to review during our daily walk-in hours:

Monday-Thursday: 1:00pm-2:45pm
Friday: 10:00am-11:45am



Career Services
Division of Student Affairs
Student Services East - Room 1200
(619) 594-6851
career.sdsu.edu

MOVE YOUR CAREER
FORWARD



Junior, Senior, and Graduate Students:
Want to build your network by getting a professional mentor?

The SDSU Aztec Mentor Program connects you to alumni and professional mentors. Meet with a mentor who can assist with professional development, career insights, and building a professional network.

Apply for a Fall 2018 Mentor
August 20th until September 28th
Register at amp.sdsu.edu

Aztec Mentor Program Orientations

Come learn about the benefits of having a mentor, how to request and invite a professional to be your mentor, and how to effectively manage your mentoring experience. Located in Career Services (SSE-1200).

Find **AMP** orientation dates inside.

SDSU CAREER SERVICES

Student Services East 1200 (SSE-1200)
Hours: Monday-Friday, 8:00am-4:30pm
(619) 594-6851 | career.sdsu.edu

SDSU CAREER SERVICES

Student Login to **Aztec Career Connection:**

1. Visit <http://career.sdsu.edu>
2. Click the **Aztec Career Connection Student** Login link
3. Enter your SDSUid email and password to log in

Students seeking jobs following graduation can connect with Aztec Career Connection

Fast 15-Minute Walk-Ins

For resume reviews and quick questions

Monday-Thursday, 1:00pm-2:45pm
Friday, 10:00am-11:45am

#SDSUCareers



FALL 2018 WORKSHOPS & EVENTS CALENDAR



Fall 2018 Special Events

- #CareerReady - Welcome Week**
THU Aug 30 2:00pm-4:00pm
Join Career Services and employers to help you become career ready before graduation.
**Career Services Resource Room, SSE-1200*
- JCPenney Suit-Up Event**
SUN Sept 9 5:00pm-9:30pm
**Fashion Valley Mall, JCPenney, 6987 Friars Rd, San Diego 92108*
- Fall Career & Internship Fair**
WED Sept 12 10:00am-2:30pm
**Montezuma Hall, Conrad Prebys Aztec Student Union (2nd Floor)*
- Fall Career & Internship Fair**
THU Sept 13 10:00am-2:30pm
**Montezuma Hall, Conrad Prebys Aztec Student Union (2nd Floor)*
- AMP Networking Event**
THU Oct 11 5:30pm-7:30pm
**Montezuma Hall, Conrad Prebys Aztec Student Union (2nd Floor)*
- Graduate & Professional School Fair**
WED Oct 17 10:00am-2:30pm
**Montezuma Hall, Conrad Prebys Aztec Student Union (2nd Floor)*
- Security Clearance Symposium**
3:00pm-5:00pm
Learn about the security clearance process from Department of Defense Contractors and professionals in the Federal Government.
**Templo Mayor, Conrad Prebys Aztec Student Union (2nd Floor)*
- STEM Career Fair: Science, Technology, Engineering, Mathematics**
WED Oct 24 10:00am-2:30pm
**Montezuma Hall, Conrad Prebys Aztec Student Union (2nd Floor)*

CAREER FAIRS

August

- THU, 23** **Aztec Mentor Program Orientation** **AMP**
2:00PM-2:30PM
See enclosed AMP Orientation details.
- TUE, 28** **Aztec Mentor Program Orientation** **AMP**
11:00AM-11:30AM
See enclosed AMP Orientation details.
- FRI, 31** **Aztec Mentor Program Orientation** **AMP**
12:00PM-12:30PM
See enclosed AMP Orientation details.

September

- TUE, 4** **Make the Most of Aztec Career Connection**
1:00PM-2:00PM
Leverage our online system to connect to employers and opportunities.
- TUE, 4** **Career Fair "Dress for Success"**
2:00PM-3:00PM
Design a positive impression to employers at the career fair with tips on how to present yourself professionally.
- WED, 5** **Are You Career Ready?**
11:00AM-12:00PM
Learn what employers expect you to know about the workplace.
- WED, 5** **Aztec Mentor Program Orientation** **AMP**
3:00PM-3:30PM
See enclosed AMP Orientation details.
- WED, 5** **Internship 101: Jump Start Your Success**
3:30PM-4:30PM
Learn what an internship is, why you need one and what to expect from the experience.
- THU, 6** **Effective Resumes**
1:00PM-2:00PM
Highlight your experiences to help boost your career potential.
- THU, 6** **Career Fair Prep**
3:30PM-4:30PM
Navigate the career fair with these effective strategies.
- FRI, 7** **Interview with Confidence**
11:00AM-12:00PM
Strengthen your skills to help you ace the interview!
- MON, 10** **Resumania**
1:00PM-3:00PM
Meet with Career Services staff and professionals who will review your resume.
- TUE, 11** **Aztec Mentor Program Orientation** **AMP**
12:30PM-1:00PM
See enclosed AMP Orientation details.

- TUE, 11** **Resumania**
1:00PM-3:00PM
Meet with Career Services staff and professionals who will review your resume.
- TUE, 11** **Internship 201: How to Be a Successful Intern**
3:30PM-4:30PM
Move from "showing up" to "shining." Learn how to have a successful internship search and experience.
- MON, 17** **Effective Resumes**
1:00PM-2:00PM
Highlight your experiences to help boost your career potential.
- TUE, 18** **Interview with Confidence**
12:30PM-1:30PM
Strengthen your skills to help you ace the interview!
- TUE, 18** **Internship 301: Internships & Beyond**
3:30PM-4:30PM
Discover how to successfully end your internship, build your network, and leverage what you learned.
- WED, 19** **Managing Your LinkedIn Account**
3:30PM-4:30PM
Discover LinkedIn's greatest features to increase your visibility, search for jobs and improve your brand.
- THU, 20** **Networking for Success**
12:30PM-1:30PM
Create meaningful networks with other professionals using these fundamental skills.
- THU, 20** **Aztec Mentor Program Orientation** **AMP**
3:30PM-4:00PM
See enclosed AMP Orientation details.
- TUE, 25** **Choosing a Major & Career Readiness**
3:30PM-4:30PM
Explore how you can choose a major that can support your career goals.
- WED, 26** **Aztec Mentor Program Orientation** **AMP**
1:00PM-1:30PM
See enclosed AMP Orientation details.
- THU, 27** **Planning For Graduate School**
11:00AM-12:00PM
Understand the graduate school applications process and how to research graduate schools.
- FRI, 28** **Aztec Mentor Program Orientation** **AMP**
11:00AM-11:30AM
See enclosed AMP Orientation details.

October

- MON, 1** **Resumes for STEM Professions**
11:00AM-12:00PM
Highlight your experiences to help boost your career potential in STEM professions.
- TUE, 2** **Professional Etiquette & Attire**
2:00PM-3:00PM
Display exemplary style and confidence in professional settings using these best practices.
- WED, 3** **Internship 101: Jump Start Your Success**
3:30PM-4:30PM
Learn what an internship is, why you need one and what to expect from the experience.
- THU, 4** **Job Search Strategies**
11:00AM-12:00PM
Shape your job search by researching the companies you are interested in.
- FRI, 5** **Grad Fair Prep**
11:00AM-12:00PM
Navigate the Grad Career Fair with these effective strategies.
- WED, 8** **STEM Networking for Success**
12:00PM-1:00PM
Create meaningful connections at the STEM Career Fair using these fundamental strategies.
- WED, 10** **Internship 201: How to Be a Successful Intern**
3:30PM-4:30PM
Move from "showing up" to "shining." Learn how to have a successful internship search and experience.
- TUE, 16** **Resumes for STEM Professions**
4:00PM-5:00PM
Highlight your experiences to help boost your career potential in STEM professions.
- WED, 17** **Are You Career Ready?**
11:00AM-12:00PM
Learn what employers expect you to know about the workplace.
- WED, 17** **Internship 301: Internships & Beyond**
3:30PM-4:30PM
Discover how to successfully end your internship, build your network, and leverage what you learned.
- THU, 18** **Managing Your LinkedIn Account**
11:00AM-12:00PM
Discover LinkedIn's greatest features to increase your visibility, search for jobs and improve your brand.
- THU, 18** **STEM Career Fair Prep**
3:30PM-4:30PM
Navigate the STEM Career Fair with these effective strategies.

- FRI, 19** **Interviewing for the STEM Professions**
4:00PM-5:00PM
Strengthen your skills to help you ace the interview in STEM professions.
- MON, 29** **Salary Negotiation**
1:00PM-2:00PM
Learn to research companies and salary negotiation strategies for your first job.

November

- THU, 1** **Effective Resumes**
11:00AM-12:00PM
Highlight your experiences to help boost your career potential.
- THU, 8** **Professional Etiquette & Attire**
1:00PM-2:00PM
Display exemplary style and confidence in professional settings using these best practices.
- TUE, 13** **Job Search Strategies for Non-Traditional Students**
4:00PM-5:30PM
Manage your job search while leveraging your strengths as a non-traditional student.
- WED, 14** **Salary Negotiation**
1:00PM-2:00PM
Learn to research companies and salary negotiation strategies for your first job.
- MON, 19** **Internship 101: Jump Start Your Success**
2:00PM-3:00PM
Learn what an internship is, why you need one and what to expect from the experience.
- MON, 26** **Internship 201: How to Be a Successful Intern**
2:00PM-3:00PM
Move from "showing up" to "shining." Learn how to have a successful internship search and experience.
- TUE, 27** **Career Planning for Spring 2019**
3:30PM-4:30PM
Gear up with the know-hows of navigating upcoming career fairs with these effective strategies.

December

- MON, 3** **Internship 301: Internships & Beyond**
2:00PM-3:00PM
Discover how to successfully end your internship, build your network, and leverage what you learned.
- TUE, 4** **Choosing a Major & Career Readiness**
12:30PM-1:30PM
Explore how you can choose a major that supports your career goals.

All workshops are held in Career Services (SSE-1200). Event information may change; check our website for updates.

JCPenney

SUIT-UP EVENT



SHOP CAREER DRESS APPAREL

EVERYTHING YOU NEED TO FINISH YOUR LOOK FOR THAT NEXT INTERVIEW OR NEW JOB – INCLUDING SUITS, DRESSES, SPORT COATS, DRESS PANTS, SHOES AND ACCESSORIES.

SEPHORA INSIDE JCPENNEY

STOP BY FOR A FREE MINI MAKEOVER AND SAMPLE.

SALON

FREE HAIR CONSULTATION AND HAIRCARE MINI OR SCHEDULE AN APPOINTMENT.

PORTRAIT STUDIO

PROFESSIONAL HEADSHOTS STARTING AT \$29.99. STOP BY OR BOOK ONLINE

JCPENNEY MOBILE APP

DOWNLOAD PRIOR TO THE EVENT TO START EARNING \$10 REWARDS.

LOCATION:

JCPENNEY STORE
6987 FRIARS RD
SAN DIEGO, CA 92108

EXTRA 40% OFF*

select men's & women's career dress
apparel & shoes

*Show your Student ID to get your special
discount card



SAN DIEGO STATE
UNIVERSITY

Career Services
Division of Student Affairs

CAMPUS CONTACT

Juliana Todesco • jtodesco@sdsu.edu

SUNDAY, SEP. 9 | 5:00 PM – 9:30 PM

INTERNSHIP SEARCH TIPS

Career Services

Student Services East—1200
8:00 am – 4:30 pm

Fast 15 Walk-In Hours

Mon – Thu, 1:00 pm – 2:45 pm
Fri, 10:00 am – 11:45 am

- **Search for Internships in 4 Ways**

1. **Search Your Aztec Career Connection**

Go to career.sdsu.edu and click Students to get to the red login box

2. **Contact Your Major Department**

The list of Department Internship Contacts is located at <http://goo.gl/Jwnfyw>

3. **Search Internship Websites**

Find a list of internship websites at <http://goo.gl/0hoSrt>

4. **Search GoinGlobal** GoinGlobal is available through your Aztec Career Connection account and allows you to find internships both internationally and domestically

- **Develop your Resume by Coming in for a Walk-In**

Meet with a counselor to get feedback on your resume. Fast 15 Walk-Ins happen everyday as follows: Monday-Thursday 1-2:45pm and Friday 10-11:45am.

- **Use Big Interview to Perfect your Interview Skills**

Access this mock interview system through your Aztec Career Connection account. The computer records you and gives you feedback.

- **Attend Workshops & Events**

Network with employers, staff, and your peers at Career Fairs, Information Sessions, and Workshops. Check out the Workshops & Events Schedule at <http://goo.gl/nxiBK4>



SAN DIEGO STATE
UNIVERSITY

Career Services
Division of Student Affairs

visit: internships.sdsu.edu

for more information and resources

#SDSUCareers     



Internship Overview

What is an internship?

San Diego State University recognizes the National Association of Colleges and Employers (NACE) internship definition. An internship is a form of experiential learning that integrates knowledge and theory learned in the classroom with practical application and skills development in a professional setting. Internships give students the opportunity to gain valuable applied experience and make connections in professional fields they are considering for career paths; and give employers the opportunity to guide and evaluate talent.

Internships are a high impact practice that allows students to develop the professionalism and learn how to apply the knowledge that is needed to transition successful into the work place. Internships are hands-on, experiential opportunities that bridge your academic work with an industry or field in the professional world.

What are the characteristics of an internship?

Internships vary according to tasks, work time, and compensation. Standard internships usually require 10 to 15 hours weekly during the semester, and up to 40 hours per week in summer. Compensation possibilities can include hourly pay, class credit, or a stipend.

To qualify as an internship, an experience must include professional experience, and therefore internships are not primarily unskilled or clerical in nature. An internship experience needs to relate to your academic work and have learning outcomes that are set by and achieved under the guidance of a supervisor.

Why complete an internship?

Internships promote provisional development and are a useful way to:

- Explore your interests and gain valuable experience
- Experience a career before graduating
- Apply academic knowledge to a work setting
- Build professional connections and practice networking with employers and professionals
- Investigate potential employers' organizations
- Develop career readiness competencies such as critical thinking, communication, and teamwork
- Build your resume and LinkedIn profile with experience that will attract future employers
- Transition into a job or prepare for graduate school

What factors should I consider when looking for an internship?

- Where am I in my academic career?
- Have I discussed internships with my major advisor?
- What careers am I most interested in doing/learning about?
- What employers am I most interested in learning about?
- What work-related activities would I like to try?
- What skills do I want to use, refine, or develop?
- What work settings would I like to experience?
- What are my goals for the internship?

What resources are available to search for an internship?

- Create an Aztec Career Connection account and search for internships
- Visit the Career Services Resource Room (SSE 1200)
- Attend Career Fairs and workshops
- Speak with the Department Internship Contact in your major
- Network with friends, family, and professors (LinkedIn is recommended)
- Visit company websites that interest you (Glassdoor is recommended)

How do I apply for an internship?

Companies and academic departments will require various materials to apply for an internship. These could include a resume and cover letter, formal application, references, transcripts, essay, and/or an interview. Respond to an internship announcement according to the directions.

How do I ensure success in my internship?

Career Services offers three internship workshops that are designed to help you be a successful intern. Visit the [Workshops & Events page](#) to get the dates for the internship workshops, other workshops and events, and career fairs to take your first steps to intern success!

Internship 101: Jump Start Your Success: Get an Internship!

Learn what an internship is, why you need one and what you should expect to get from the experience.

Internship 201: All You Need to Know to Be a Successful Intern

Move from just “showing up” to “shining” as an intern. Learn best practices to have a successful internship search and experience.

Internship 301: Internships and Beyond, Your Next Steps to Success

Looking toward the end of your internship. Learn how to close the experience and pursue other experiences that lead to success

Recommended internship websites

General internships	Federal internships
www.indeed.com	https://www.usajobs.gov/StudentsAndGrads
www.linkedin.com/jobs/internships-jobs (LinkedIn account required to search)	http://gogovernment.org
www.vault.com/internship-programs	Non-Profit internships
www.internships.com/	http://www.idealists.org
www.careerbuilder.com	STEM internships
www.simplyhired.com	www.dice.com/
www.beyond.com	http://stemundergrads.science.gov/
www.ziprecruiter.com/jobs/internship	Entertainment internships
International internships	CSU Entertainment Alliance- open to all majors interested in interning in the entertainment industry- http://csuentertainment.com/internships/
Access GoinGlobal through your Aztec Career Connection account (international and domestic positions)	
www.cie.uci.edu/prospective/iopother/intern.shtml	
SDSU Aztecs Abroad Internships- Intern abroad with SDSU's preapproved providers https://goo.gl/EtDLtM	

ARE YOU CAREER READY?

Employers are looking to hire college students and recent graduates who know how to use their talents, strengths, and interest. These students are Career Ready.

How do you become Career Ready?

Mastering these Career Readiness Competencies will prepare you to a successful transition into the workplace.



CRITICALLY THINKING/PROBLEM SOLVING

Exercise sound reasoning and analytical thinking; use knowledge, facts, and data to solve problems and make decisions.



ORAL/WRITTEN COMMUNICATION

Articulate thoughts and ideas clearly and effectively in written and oral forms to persons inside and outside of the organization. The individual has public speaking skills; is able to express ideas to others; and can write/edit memos, letters, and complex technical reports clearly and effectively.



TEAMWORK/COLLABORATION

Build collaborative relationships with colleagues and customers representing diverse cultures, races, ages, genders, religion, lifestyles, and viewpoints. The individual is able to work within a team structure and can negotiate and manage conflict.



DIGITAL TECHNOLOGY

Select and use appropriate technology to accomplish a given task. The individual is also able to apply computing skills to solve problems.



LEADERSHIP

Leverage the strengths of others to achieve common goals, and use interpersonal skills to coach and develop others. The individual is able to assess and manage his/her emotions and those of others; use empathetic skills to guide and motivate; and organize, prioritize and delegate work.



PROFESSIONALISM/WORK ETHIC

Demonstrate personal accountability and effective work habits, e.g. punctuality, working productively with others and time workload management, and understand the impact of non-verbal communication on professional work image. The individual demonstrates integrity and ethical behavior, acts responsibly with the interests of the larger community in mind and is able to learn from his/her mistakes.



CAREER MANAGEMENT

Identify and articulate one's skills, strengths, knowledge and experiences relevant to the position desired and career goals, and identify areas necessary for professional growth. The individual is able to navigate and explore job options, understand and can take the steps necessary to pursue opportunities, and understand how to self-advocate for opportunities in the workplace.



GLOBAL/INTERCULTURAL FLUENCY

Value, respect, and learn from diverse cultures, races, ages, genders, sexual orientations and religions. The individual demonstrates openness, inclusiveness, sensitivity and the ability to interact respectfully with all people and understand individuals' differences.

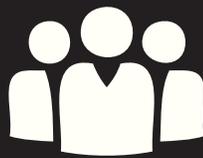


Career Services
Division of Student Affairs



Student Professionalism Starts Here

STUDENT INTERNSHIP TOOLKIT



Career Services
Division of Student Affairs



WHAT IS AN INTERNSHIP?



San Diego State University recognizes the National Association of Colleges and Employers (NACE) internship definition. An internship is a form of experiential learning that integrates knowledge and theory learned in the classroom with practical application and skills development in a professional setting. Internships give students the opportunity to gain valuable applied experience and make connections in professional fields they are considering for career paths; and give employers the opportunity to guide and evaluate talent.

Internships are high impact practices that allow students to develop professionalism and learn how to apply the knowledge needed to transition successfully into the workplace. Internships are hands-on, experiential opportunities that bridge your academic work with an industry or field in the professional world.

DIFFERENCE BETWEEN A PART-TIME JOB AND AN INTERNSHIP

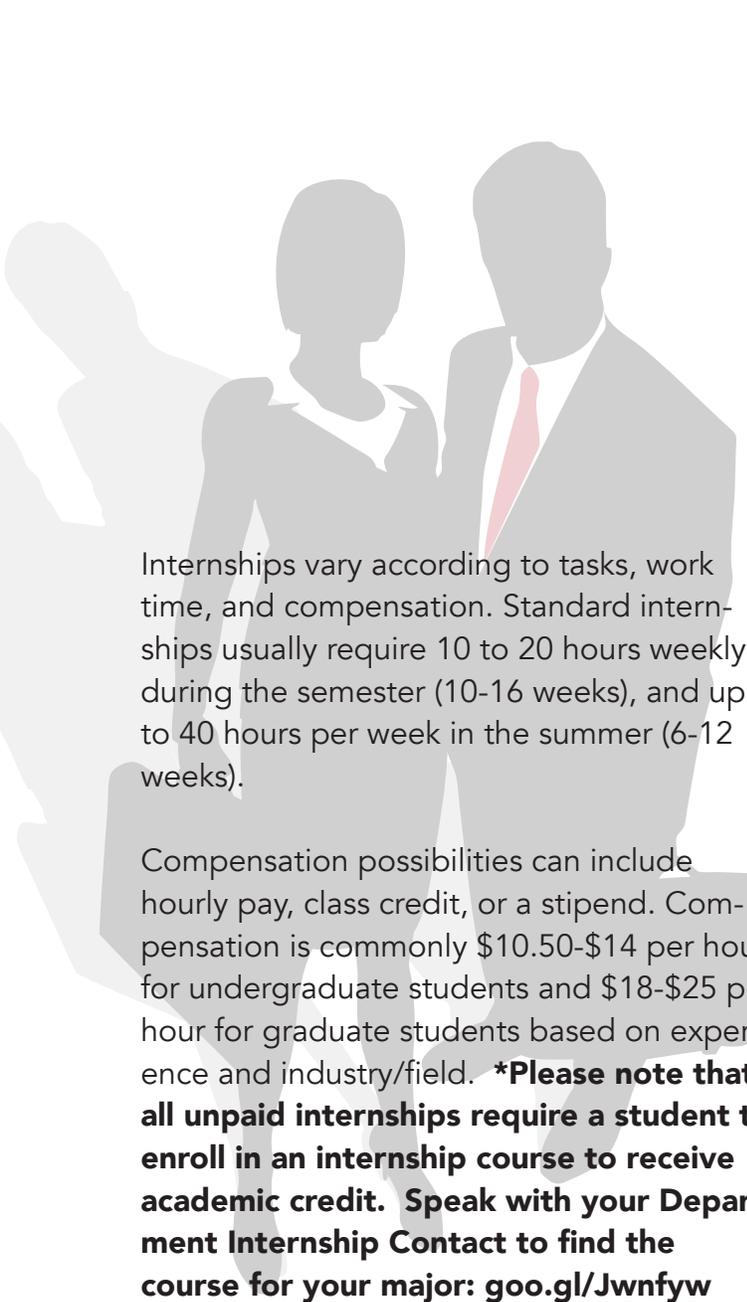


The difference between a part-time job and an internship is that an internship allows you to use your academic knowledge to complete a specific project and/or task. For example, if I am a Marketing major and I work in the SDSU Bookstore as a cashier, I am not specifically using my academic knowledge in that job.

However, if I am working part-time in the SDSU Bookstore with the Marketing Director to develop a social media campaign or design the window display, then I am applying my academic knowledge. Both of these could be part time jobs, but only the second example would be considered an internship since I am applying my academic knowledge in a professional setting.



CHARACTERISTICS OF AN INTERNSHIP?



Internships vary according to tasks, work time, and compensation. Standard internships usually require 10 to 20 hours weekly during the semester (10-16 weeks), and up to 40 hours per week in the summer (6-12 weeks).

Compensation possibilities can include hourly pay, class credit, or a stipend. Compensation is commonly \$10.50-\$14 per hour for undergraduate students and \$18-\$25 per hour for graduate students based on experience and industry/field. ***Please note that all unpaid internships require a student to enroll in an internship course to receive academic credit. Speak with your Department Internship Contact to find the course for your major: goo.gl/Jwnfyw**

To qualify as an internship, an experience must include professional experience, and therefore internships are not primarily unskilled or clerical in nature. An internship experience needs to relate to your academic work and have learning outcomes that are set by and achieved under the guidance of a supervisor.

WHY GET AN INTERNSHIP?

- Explore your interests and gain valuable experience before graduating
- Apply academic knowledge to a work setting
- Meet people and practice networking with employers and professionals
- Learn what you like and do not like about a job and/or career
- Facilitate a successful transition from college to the working world
- Investigate potential employers' organizations
- Develop self-confidence time management, critical thinking, communication teamwork, and decision-making skills
- Demonstrate experience that will attract future employers
- Build your resume

TYPES OF INTERNSHIPS

Academic Credit Internships

- Students completing an academic internship are enrolled in an internship course and may be paid or unpaid**.
- ****Unpaid MUST be taken for academic credit if the organization is a FOR-PROFIT. Only unpaid internships at recognized 501-c3 NON-PROFIT organizations can be completed without an academic course, as this is considered volunteering.**
- Paid and unpaid to internships qualify for academic credit. For more information on academic credit for internships, contact your Department Internship Contact by going to goo.gl/g5bV2K.

Paid Internships

- An internship is considered paid when an intern earns at least minimum wage per hour worked or a stipend that is equivalent.
- Students completing a paid internship can also receive academic credit. For more information on academic credit for internships, contact your Department: goo.gl/g5bV2K.

International Internships

- Go to Aztecs Abroad: goo.gl/mCqJQR
- Use the Search programs tab to view a list of the approved internship abroad programs available through SDSU. Select program type "internships" for the full list.
- Going Global via Aztec Career Connection is a resource for international job/internships and country specific information: goo.gl/vlS9Gp.



WHAT TO EXPECT DURING AN INTERNSHIP



Experience Work Life

The opportunity to learn and gain perspective on the work world, including attending staff meetings, client consultations, networking events, etc



A Work Space

Have a physical space to work and the adequate tools needed to perform your work



Direction

A supervisor who is available, experienced and knowledgeable in your field



Professional Projects & Network

Real work related to your professional development, the opportunity to learn about the industry and gain experience you can add to your resume

Opportunities to meet and network with professionals in order to build your professional network



Feedback

Meetings with your supervisor on a regular basis (weekly is recommended) to get feedback on your performance and projected tasks. Hear what you are doing well, what areas you need to improve, and get clear direction regarding what is expected of you



THREE-PART INTERNSHIP WORKSHOP SERIES

Career Services offers a three-part internship workshop series that is designed to help you be a successful intern. Visit the Workshops & Events page on the Career Services website to get the dates: goo.gl/vODitD

Internship 101: Jump Start Your Success: Get an Internship!

Learn what an internship is, why you need one and what you should expect to get from the experience

Internship 201: All You Need to Know to Be a Successful Intern. Move from just "showing up" to "shining" as an intern

Internship 301: Internships and Beyond, Your Next Steps to Success. Learn how to close an internship, reflection on your experience, and pursue additional opportunities

WHAT TO EXPECT FROM INTERNSHIP SITES



- Internship sites provides interns with opportunities to develop Career Readiness Competencies. Career Readiness is the attainment and demonstration of requisite competencies that broadly prepare college graduates for a successful transition into the workplace.

The Career Readiness Competencies are:

- Critical Thinking/Problem Solving
- Oral/Written Communication
- Teamwork/Collaboration
- Digital Technology
- Leadership
- Professionalism/Work Ethic
- Career Management
- Global/Intercultural Fluency



- Internship sites provides job shadowing opportunities that allow the intern to learn certain functions of the organization and/or industry
- The internship has a clear start and end date agreed on prior to the start date.
- Employer provides student with a clear position description
- Student is provided with specific learning outcomes
- Employer provides the intern with an opportunity to make professional connections
- Student meets with site supervisor regularly and receives feedback on performance
- Full time (12+ units) students should intern 10-15 hours per week and it is



SDSU INTERNSHIP RESOURCES

Aztec Career Connection

- Go to: career.sdsu.edu and click Students to get to the red login box
- Use the Aztec Career Connection Student Account How-To-Guide: goo.gl/J9QGfc
- Visit the Career Services Resource Room (SSE 1200) to get help searching for internships

Contact Your Major Department

- View the Department Internship Contact list at goo.gl/Jwnfyw

GoinGlobal

- GoinGlobal is available through your Aztec Career Connection account and allows you to find internships both internationally and domestically

Do Your Research

- Visit company websites that interest you (Glassdoor is recommended)
- Find a list of internship search websites at goo.gl/0hoSrt

Don't Forget the Importance of Preparation!

- Attend workshops and events, network with employers, staff, and your peers at Career Fairs, Information Sessions, and Workshops
- Check out the Workshops & Events Schedule at goo.gl/nxiBK4 (see page 7 for an internship checklist)

Use your Network

- Mentors, professors, friends and family are all part of your network that can help you find an internship and/or be a reference (LinkedIn is recommended: goo.gl/6OuPpY)



GET STARTED WITH AN INTERNSHIP CHECKLIST

RESUME DEVELOPMENT

- Meet with a Career Services counselor and get help developing your resume by coming in for a Fast 15 Walk-In (Monday-Thursday 1-2:45pm and Friday 10-11:45am)
- Career Services offers Effective Resumes Upgrading your Resume Workshop (see schedule at goo.gl/nxiBK4)
- Attend Resumania to have your resume reviewed by employers and Career Services staff before Career Fairs

NETWORKING

- Career Fairs and Information Sessions both provide students the opportunity to meet with employers and find out about open positions
- Attend Professional workshops hosted by student organizations to meet professionals in your field of interest
- For a full list of student organizations on campus visit: goo.gl/AfkHW3

INTERVIEW SKILLS

- Career Services offers Interview with Confidence Workshops (see schedule at goo.gl/nxiBK4)
- Use Big Interview to perfect your interview skills. Access this mock interview system through your Aztec Career Connection account (career.sdsu.edu) The computer records and gives you feedback
- Career Counselors can provide mock interviews at Career Services. Contact Career Services to make an appointment (SSE 1200 or 619-594-6851)

INTERNSHIP ETIQUETTE: HOW TO HAVE A SUCCESSFUL INTERNSHIP



Be On Time

- Display your enthusiasm for the position by showing up on time and preferably a few minutes early every day

Practice Good Social Skills

- Make immediate eye contact and smile when introduced
- Avoid engaging in conversation on topics that may lead to conflict or be inappropriate such as politics, gossip, religion, etc.
- Don't text or use your social media when you are on the job

Practice Good Email Etiquette

- Respond promptly
- Begin by addressing the person, use full name and Mr. and Mrs.
- Be concise and use spellcheck
- Finish with an email signature

Practice Good Phone Etiquette

- When leaving messages, be clear and don't forget to leave your name and call back the number

Be Proactive in Your Role as a Learner

- Ask questions (take a notepad and pen to write down notes)
- Engage with co-workers
- Take time to learn what the company does and how they operate

Be flexible and manage your own expectations

- As priorities change, so might your job also!
- Don't expect to be given lots of responsibility on day one
- Do expect to be given additional tasks and responsibility gradually

Be respectful of the privacy of clients

- Never share client information or discuss outside of the work place

Communicate with your supervisor

- Get regular feedback and meet with your supervisor weekly
- Do let him/her know if you have any concerns

Dress for success!

- Dress professional the first few days until you learn the office culture
- Keep your hair, makeup and jewelry conservative

Show Gratitude and Give Thanks

- At the end of your internship send a Thank you note to show your appreciation.



HOW TO:

PROFESSIONALLY COMPLETE AN INTERNSHIP

Set goals with your Site Supervisor

Create a Portfolio of your experiences

CONNECT

Give your Site Supervisor updates on your academics and professional development

Continue to develop your professional networking

Follow-up with your Site Supervisor about a project you worked on while interning

REFLECT

Reflect on your experience

GROW

Update your resume, social media profile and LinkedIn

Keep in touch with the professional connections you made through email or LinkedIn

Send a thank you note within a week after your last day at the site, preferably handwritten



Aztec Career Connection

How-To Guide: Students

STEP 1: Log In

Go to career.sdsu.edu

Log into your Aztec Career Connection Student Account

Your academic profile information and WebPortal password are automatically synchronized with Aztec Career Connection. Changes in WebPortal (major, class level, password, etc.) will be reflected in Aztec Career Connection within 24 hours.



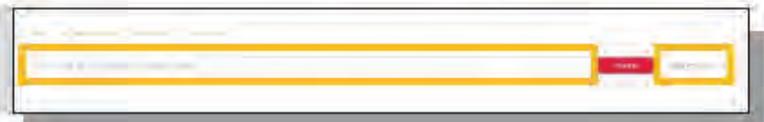
STEP 2: Click on Jobs & Internship at the Top Left

Go to the Jobs & Internship tab at the top and click Aztec Career Connection to see available postings.



STEP 3: Search Internship Job Postings

To search job postings, you can enter company names, types of jobs, etc. in the Search box or click on Advance Search (recommended)



STEP 4: Using Advance Search for Internship & Job Search

Using Advance Search will let you narrow your search based on characteristics like Position Type, Industry, and Location. Click on More Filters at the bottom to also search Posting Date.

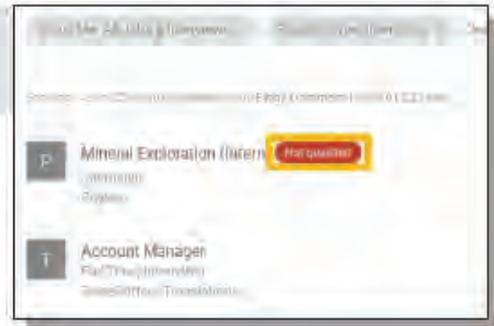


Aztec Career Connection

How-To Guide: Students

STEP 5: Review Internship & Job Postings

Click Search to view a list of internship and job postings. If you do not qualify for the position, a Not qualified orange button will be next to the position title. To see why you don't qualify, click the position title and look under Application Status on the right. Make sure your profile is accurate and up to date.



STEP 6: See the Position Details

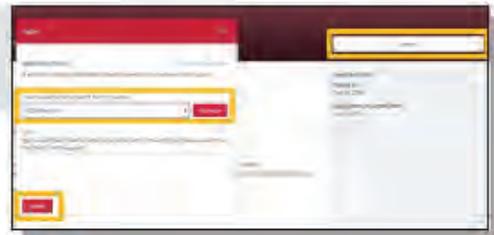
Click on the Position Title to view the entire posting including Applications Accepted until date on the right side and Salary at the bottom. There will also be recommended positions listed at the bottom, which are based on your previous searches.



STEP 7: Apply to the Internship/ Job Position

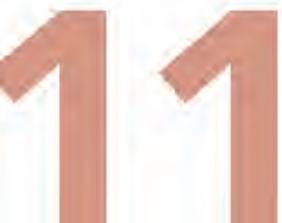
Click Apply and attach your resume. Select your resume or click Add New to upload. Click Submit to send your resume and apply.*

*Students must have a resume on file to complete this step. To upload your resume, go to the Documents tab at the top >Documents > +Add New.



STEP 8: Confirmation

Click the Apply button. When you successfully applied for the position you will see a green banner that says Your application has been submitted and a box will pop up that says you Applied in red. To continue your search, see Step 1.



UNDERGRADUATE RESEARCH

The National Council of Undergraduate Research defines Undergraduate Research as: An inquiry or investigation conducted by an undergraduate student that makes an original intellectual or creative contribution to the discipline.

Office Undergraduate Research/Creative Activities

San Diego State University prides itself on the quantity and quality of its research and creative activities. Undergraduates play a vital role in the success of faculty and graduate student research and creative activities, and students benefit enormously from their participation.

Contact Information

Online: research.sdsu.edu/undergrad

Student Research Symposium

The Student Research Symposium (SRS) provides a public forum where San Diego State University students present their research, scholarship or creative activities. The symposium is a two-day event, occurring each spring semester, that recognizes the outstanding scholarly accomplishments of SDSU students. It is a great way to learn about all the wonderful projects that our students, both graduate and undergraduate, are engaged in.

Contact Information

Phone: 619-594-5938

Email: dra@sdsu.edu

Online: http://research.sdsu.edu/research_affairs/student_research_symposium

PREPARING FOR UNDERGRADUATE RESEARCH

Undergraduates participate in the world-class cross-disciplinary research, both creative and scientific, conducted at the San Diego State University (SDSU). Since 2000, SDSU faculty and staff researchers have been awarded more than 1.5 billion in external funding. This provides an abundance of opportunities for research mentors to gain from your hard work, energy, curiosity, and fresh perspectives. Students engaged in mentored research experiences benefit both academically and through career exploration as they engage in the pursuit of knowledge. Whether your goal is to secure employment or acceptance into graduate school, engaging in undergraduate research projects provide you with critical skills and knowledge to help you stand out in the applicant pool.

To get involved in Undergraduate Research, be well prepared. The following suggestions apply to all students interested in participating in faculty mentored research experiences.

Visit Professor Office Hours

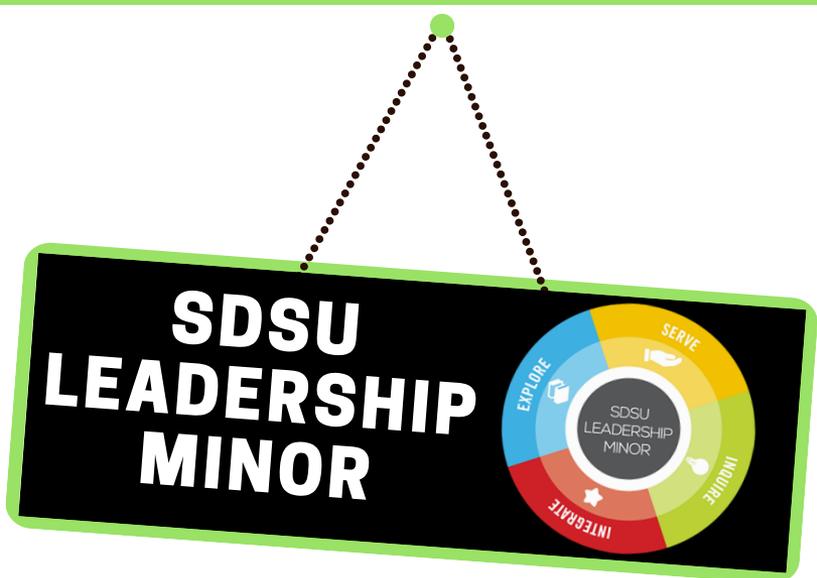
- Go to office hours regularly to ask questions about your class or your instructor's research and/or career path.
- Build relationships with faculty to learn about opportunities.
- If you apply for other research opportunities, scholarships/fellowships and future graduate programs, you will need strong letters of recommendation

Read Department Websites and Faculty Bios

- Find professors who are doing research that interests you and talk to them now.
- Look at department web pages to learn about professors' research topics.
- Email the professors or go to office hours to ask about their research and what they look for in an undergraduate research assistant.

Get Good Grades

- Some faculty require students to have a minimum GPA.
- Utilize the free Writing Center in Love Library
- See your Assistant Dean in your college/division to learn about academic enrichment programs and other support



15 UNITS IN TWO YEARS!

ARP 205 - Exploring Leadership (3 units)*

ARP 205 is now a lower division GE course*

ARP 207 - Service Leadership (1 unit)

ARP 403 - Campus Leadership (1 unit)

ARP 404 - Internship (1 unit)

ARP 405 - Capstone: Enacting Leadership (3 units)

2 Upper Division Electives (6 units)

**If you have any questions:
Contact Dr. Lisa Gates at lgates@sdsu.edu**



SDSU Leadership Minor
[@SDSU_LeadershipMinor](https://www.facebook.com/SDSU_LeadershipMinor)



THE WEBER HONORS COLLEGE

The Weber Honors College is focused on high-impact learning or high-impact educational experiences. High-impact learning occurs when students are actively engaged in the educational process, when their learning goes beyond the classroom to be applied in their personal and work lives. In a high-impact learning experience, students actively pose and solve problems, work collaboratively in a community of peers, experience real-world applications of knowledge, and reflect on their learning. Students engaged in high-impact learning often see improvement in grade point averages, gain their degrees more quickly, and are more engaged in their education. The Weber Honors College is committed to providing high-impact learning experiences to all students at all levels, across the whole curriculum.

The Weber Honors College has been designed intentionally to engage students in high-impact learning. The following high-impact learning experiences are embedded in the Weber Honors College:

- First-year seminar and first-year experiences
- [Residential learning community](#)
- [Common intellectual experiences](#)
- Collaborative assignments and projects
- [Study abroad](#)
- [Undergraduate research](#)
- [Leadership](#)
- [Internships](#)
- [Service- or community-based learning](#)
- Creative arts and performance
- [National scholarships and fellowships](#)
- [Graduate school preparation](#)
- Capstone course

Contact Information

Dr. Martha Enciso, Associate Director
Weber Honors College
Phone: 619-594-3834
Email: menciso@sdsu.edu
Online: <http://honors.sdsu.edu/>
Location: Administration (AD)-201

THE WEBER HONORS COLLEGE SAN DIEGO STATE UNIVERSITY

The Weber Honors College (WHC) provides a broad academic foundation for SDSU's most academically engaged undergraduate students. Honors students are exposed to subjects in the humanities, social sciences, and natural sciences. The objective of the college is to provide the richest possible intellectual experience by helping students become conversant in multiple disciplines, think flexibly, solve problems and pursue the creative expression of ideas. Building upon the university's commitment to educate students for a global world, the WHC provides a distinctive learning community for students who seek creative, innovative and responsible ways to understand and engage the international community.

BENEFITS

- Smaller class size (Around 25 students)
- Integrative coursework that leads to completion of the Honors Minor in Interdisciplinary Studies
- One-on-one interaction with distinguished faculty outside of the formal class setting
- Advantage when applying to graduate schools and/or major companies
- Undergraduate research opportunities
- Private library study room
- Personal Academic Advisor and Study Abroad Advisor
- Scholarship opportunities

COLLEGE REQUIREMENTS*

1. Complete the Honors Minor in Interdisciplinary Studies (13 units for transfer students)
2. Complete a credit-bearing international experience
3. Complete one approved high impact practice (HIP): either Research, Leadership, Service or Creative Activity
4. Have a minimum cumulative GPA of 3.2 upon graduation

FINAL TRANSFER STUDENT DEADLINE

Monday, July 23, 2018

TO APPLY

Email honors@sdsu.edu
or call (619) 594-2872

APPLICATION REQUIREMENTS

Eligibility is determined by GPA, and the thoughtful completion of the application essay.

Transfer Students

- Cumulative GPA of 3.2 or above



**SAN DIEGO STATE
UNIVERSITY**

Weber Honors College

San Diego State University
5500 Campanile Drive
San Diego, CA 92182-1623

(619) 594-2872

honors@sdsu.edu

**The Weber Honors College Curriculum:
Honors Minor in Interdisciplinary Studies
(16 units)**

START

HONOR 100: Introduction to Honors (1 unit)
All Honors students must take this course the Fall semester of their first year in the Honors College

HONOR 113: Connection and Commitment (3 units)
Second and Third-Year SDSU students must take this course the Spring semester of their first year in the Honors College (transfer students can waive this requirement).

**HONOR 313:
Seminar in
Interdisciplinary
Studies (3 units)**

**HONOR 413:
Interdisciplinary
Perspectives on
Social Problems
(3 units)**

-OR-

**Honors Section of
a GE Course
(3 units)**

High Impact Practice (HIP)
Adviser-approved Research, Leadership,
Service, or Creative Activity
*(Choose ONE; A HIP completed at a community
college prior to entering SDSU will count)*

**HONOR 480:
Connection and Community (3 units)**
*All Honors students must complete the High Impact
Experience before enrolling in HONOR 480*

International Experience
Adviser-approved
Credit-Bearing
Study Abroad
*(Various short term &
long term options)*

HONOR 495: Integrative Capstone (3 units)

All Honors students must take this course the semester they are graduating from SDSU

FINISH

Other Honors Communities at SDSU

In addition to the Weber Honors College, we invite you to become aware of the academic honor societies and programs at SDSU.

Honor societies represent the heritage of academic excellence within higher education, and they symbolize SDSU's proud commitment to that tradition.

As you will discover, there are single discipline honor societies (within your area of study or major) and Multidiscipline honor societies (open to all areas of study or majors).

The standards for membership in these organizations vary and require a student to demonstrate a desire to learn and to achieve at a high scholastic level.

Those few who are admitted to these societies earn honors and privileges that will last throughout their lives.

If invited to join an honor society, do not take lightly an invitation to join and be sure to check our website to confirm if the society is endorsed by SDSU.

<http://honorscouncil.sdsu.edu>

The Honors Council welcomes you, and whether you are new or returning, we hope that you will continue your motivation, focus, dedication and engagement in the educational opportunities offered at SDSU. Ultimately we hope that by your efforts you will merit election to one or more of these honor societies.

TYPES OF HONORS AT SDSU

Departmental Honors

- Available in some departments (Business, Biology, Classics, Comparative Literature, Computer Science, English, History, Sociology, Psychology)
- Requirements vary by dept.
- NOT the same as the Weber Honors College
- Contact your major advisor

Honors Council

Comprised of honor societies and WHC Student Society

- Phi Eta Sigma, Scholars w/o Borders, Golden Key, Phi Kappa Phi, Mortar Board, Phi Beta Kappa, and Tau Sigma
- Page 41 SDSU General Catalog 2018-2019

Graduating with Honors (distinction)

- Based on overall GPA & major department's recommendation
- Determined at the time your bachelor's degree is conferred
 - Cum laude (3.50-3.64), magna cum laude (3.65-3.79), summa cum laude (3.80-4.00)
 - Page 483 of SDSU General Catalog 2018-2019

Weber Honors College

- Honors minor in Interdisciplinary Studies
- 16 units
- Study Abroad & High Impact Practice (HIP) Required

CONNECT WITH FACULTY

There are 30,000 undergraduates at SDSU. As a new transfer student, you may have classes that have over 100 students enrolled or small classes with less than 50 students. Regardless, to aid in your success, you are encouraged to meet your professors. If you have plans to apply to graduate school in the future, you will also need letters of recommendation from your professors or professionals in your field. Below are some examples on how to connect with faculty at SDSU.

1. **Go to office hours.** You have access to office hours on your syllabus, use them. If you are scared or shy to go to office hours, bring a friend from class with you.
2. **Conflict with office hours due to work or family obligations.** Email your professor or speak to them after class to make an appointment. If they cannot meet in person, a phone appointment is better than not communicating, at all.
3. **Become a research assistant.** Identify a faculty member you would like to conduct research with. Schedule an appointment. You will need to do some homework before you contact a faculty member
4. **Student organizations.** All student organizations on campus are required to have a campus adviser. If your organization has a faculty adviser, get to know them.
5. **Go to major advising.** Visit your major adviser on a regular basis. He or she can provide ways for you to connect with faculty in your department. Most major advisers are also faculty members in your department.
6. **Talk to graduate students.** If you have a teaching assistant who is a masters or doctoral student, go to their office hours. Ask them how they connected with faculty when they were undergraduates. Find out when departmental seminars are being hosted. Sometimes departments host guest lectures that may be open to all students (graduate and undergraduate). Faculty can be present at these types of department events.
7. **Read professor web bios.** Check out their books or review their published work or creative projects. This is a great way to make a connection regarding their work and your professional interests.

SCHOLARSHIP OPPORTUNITIES

There are numerous scholarship and fellowship opportunities at SDSU as we encourage all transfer students to apply.

Scholarship opportunities through the Office of Financial Aid & Scholarships (OFAS)

http://go.sdsu.edu/student_affairs/financialaid/scholarships.aspx

The majority of SDSU scholarships available through OFAS begin accepting applications in August. The search and application process is available all year with various deadlines depending on the major and the academic year for which the scholarship will be awarded. You may apply at any time, as long as your application is received by the scholarship's due date.

Be sure to add the SDSU OFAS application deadlines to your planner

http://go.sdsu.edu/student_affairs/financialaid/sdsuscholarshipswhentoapply.aspx

National Scholarship & Fellowship Opportunities

National Scholarships & Fellowships in the Division of Academic Engagement and Student Achievement administers a number of competitive scholarship and fellowship opportunities available to first-year students, transfer students, up to graduating seniors and recent alumni. These awards fund a variety of student experiences such as leadership, research, study abroad, internships, service-learning, public service experiences, and graduate school. Various campus representatives oversee a particular scholarship or fellowship opportunity, managing the endorsement process. The endorsement process involves a campus process in which SDSU student applications and their recommendation letters are reviewed by a committee and selected candidates are chosen to represent SDSU in the national or international competition. Awards vary from 5,000 - 40,000, depending on the opportunity.

Contact Information

Online: <http://onsf.sdsu.edu/>



SAN DIEGO STATE
UNIVERSITY

Division of Undergraduate Studies

National Scholarships & Fellowships

National Scholarships & Fellowships in the Division of Undergraduate Studies administers a number of competitive scholarship and fellowship opportunities available to first-year student applicants up to graduating seniors and recent alumni. Housed in the Division of Undergraduate Studies at San Diego State University, our team manages the endorsement process for the Goldwater, Udall and Truman Scholarships, as well as International Fellowship opportunities (see back side) such as the US-UK Fulbright Summer Institutes, Mitchell, Marshall, Rhodes, and the Schwarzman Scholarships. The endorsement process involves a campus process in which SDSU student applications and their recommendation letters are reviewed by a committee and selected candidates are chosen to represent SDSU in the national or international competition.

Goldwater Scholarship

The Goldwater Foundation awards 275 scholarships to sophomores and juniors demonstrating potential for success in a research career in the sciences, engineering, or mathematics. Competitive students will have a high GPA (3.8+), research experience, and intend to pursue a PhD and research career. The scholarship awards \$7,500 towards undergraduate expenses. SDSU will nominate 4 applicants annually.

Campus Deadline: November 30, 2018

Udall Scholarship

The Udall Foundation awards 60 scholarships to sophomores and juniors pursuing careers related to the environment. This award provides \$7,000 towards undergraduate expenses. Competitive applicants will have a 3.0+ GPA, demonstrated leadership and service related to the environment, and clear graduate school plans and career aspirations. The Udall also provides awards for American Indian students planning careers in tribal policy or tribal health care. SDSU may nominate up to 6 applicants annually.

Campus Deadline: January 19, 2018

Truman Scholarship

The Truman Foundation awards approximately 60 scholarships to college juniors in preparation for careers in public service. The scholarship provides up to \$30,000 toward graduate studies, leadership training, and a 10-week Washington Summer Institute following graduation. Competitive applicants will have an extensive record of campus and community service, commitment to a career in public service, excellent communication skills, and a strong academic record. SDSU may nominate up to 4 applicants annually.

Campus Deadline: November 2, 2018

For questions about the Goldwater, Udall or Truman Scholarships, please contact Michelle Lopez, Assistant Dean, Division of Undergraduate Studies at mlopez@sdsu.edu.

Weber Honors College students, contact Dr. Martha Enciso, Associate Director, Weber Honors College at menciso@sdsu.edu

UK Fulbright Summer Institutes

The US-UK Fulbright Commission offers summer programs at world-class UK universities to US undergraduates. Summer institutes are three to six weeks in length and provide an immersive academic, cultural, and social experience for freshmen or sophomores.

National Deadline: February 7, 2018

Marshall Scholarship

Up to forty Scholars are selected each year to study at graduate level at an UK institution in any field of study. The Marshall Scholarship finances the opportunity for young Americans of outstanding ability to study for a degree in the United Kingdom. Applicants propose their area of study and their university of choice, and may receive funding for either one or two years. Marshall Scholars are chosen through a competitive process based on academic merit, leadership potential, and ambassadorial potential.

Campus Deadline: September 1, 2018

George J Mitchell Scholarship

The US-Ireland Alliance awards up to 12 scholarships annually for one year of graduate study in Ireland or Northern Ireland. Applicants should be between the ages of 18 and 30, and exhibit superior levels of academic achievement, leadership, and community service.

Campus Deadline: September 1, 2018

Rhodes Scholarship

The Rhodes Trust selects 32 outstanding scholars each year on the basis of academic excellence, commitment to public service, moral character, and leadership ability. Rhodes Scholars are selected for 2-3 years of study at the University of Oxford. Applicants must be between the ages of 18 and 24 and have received their bachelor's degree prior to attending Oxford. SDSU is not limited in our number of candidates, but usually nominates 2-3 students.

Campus Deadline: September 1, 2018

Schwarzman Scholars

Each year, up to 90 U.S. Schwarzman Scholars will be selected to develop leadership skills while obtaining a one-year master's degree at Tsinghua University in Beijing in one of three subjects: Public Policy, Economics & Business, or International Studies. Students must be between the ages of 18-28, and demonstrate outstanding leadership, intellectual ability, and entrepreneurial spirit.

Campus Deadline: September 1, 2018

For questions about the US-UK Fulbright, Mitchell, Marshall, Rhodes and Schwarzman Scholarships, please contact Chris Kjonaas, Director, International Engagement, at ckjonaas@sdsu.edu

*Weber Honors College please contact
Dr. Martha Enciso, Associate Director, Weber Honors College at menciso@sdsu.edu*

COMMUNITY ENGAGEMENT

The following definitions provide distinctions among the two important aspects of community engagement efforts you can participate in at SDSU. These are not a complete listing as there are other forms of the community engagement activities that are available at SDSU including: social entrepreneurship, volunteering, social philanthropy, and community-based action research.

Service Learning

A teaching method that promotes student learning through active participation in meaningful and planned service experiences in the community that are substantively related to course content. Through reflective activities, students enhance their understanding of course content, general knowledge, sense of civic responsibility, self-awareness and commitment to the community.

Service-Learning Course

An academic course (in any discipline) that provides students opportunities to participate in organized service activities that meet community needs while linking the community service experiences to the course content. This makes service learning a very different experience than community service.

Community Service

Any work provided by individuals that contributes to the quality of life in the community. Community service work can be provided in several ways and for different purposes. Students may be involved in community service on their own, with a group or club, or through academic course-work. When the community service is part of the academic course work, and when the service relates directly to the course content, it is considered service learning.

Contact Information

Email:

Dr. Vinod Sasidharan, Director of Service Learning, vsasidna@sdsu.edu

Jose Preciado, Director of Community Engagement, preciado@sdsu.edu

Online: servicelearning.sdsu.edu

Location: Administration (AD)-101

STUDY ABROAD

Study abroad for SDSU students means completing part of the SDSU academic experience in a country outside the United States. Traditional courses at a foreign university, volunteering, internships, research, service learning, and short-term faculty-led programs are all available. SDSU offers more than 600 international programs in over 50 countries, during winter break, spring break, summer, a semester or an entire academic year.

Study Abroad is a high impact practice that allows students to expand their knowledge of other cultures and global issues, learn about their own social identity, develop respect and acceptance for other perspectives, develop skills for social interaction in a globalized world, and begin to understand social responsibility.

International Student Center

San Diego State University is committed to building a global learning community in which diverse perspectives and intercultural awareness are valued and promoted. The university is also committed to preparing students for an increasingly globally interconnected future.

The International Student Center (ISC) advances the internationalization efforts of SDSU by serving both incoming international students and SDSU students studying abroad. The ISC offers a full range of programs and services to foster student success, global perspectives, intercultural awareness and international cooperation.

Contact Information

Phone: (619) 594-1982

Email: isc.reception@sdsu.edu

Location: 5500 Canyon Crest Dr, San Diego, CA 92182

Online: http://newscenter.sdsu.edu/student_affairs/isc/Default.aspx

DIRECTORY OF PROGRAMS AND RESOURCES

[Academic Advising Center](#)

619-594-6668
Student Services West-1551

[Associated Students](#)

619-594-6555
Aztec Student Union, Suite 320

[Aztec Recreation](#)

619-594-0794
Aztec Recreation Center, 55th Street, SDSU

[Career Services](#)

619-594-6851
Student Services East 1200

[Center for Intercultural Relations](#)

619-594-7057
Aztec Student Union, Suite 250

[Center for Student Rights and Responsibilities](#)

619-594-3069
Student Services West-1604

[Counseling and Psychological Services](#)

619-594-5220
Calpulli Center, 4th Floor, Room 4401

[Division of Student Affairs](#)

619-594-5211
Student Services West-2640

[Dean's Office](#)

619-594-5842
Administration Building, Suite 101

[Economic Crisis Response Team](#)

N/A

DIRECTORY OF PROGRAMS AND RESOURCES

[Office of Education and Opportunity Programs](#)

619-594-6298

Student Services East-2109

[Health Promotion](#)

619-594-4133

Calpulli 3rd Floor, Suite 3201

[Honors Council](#)

619-594-6337

Administration Building, Suite 226

[International Student Center](#)

619-594-1982

International Student Center

[Joan and Arts Barron Veterans Center](#)

619-594-5813

[Library](#)

SDSU Library

[MESA Engineering Program](#)

College of Engineering, E208

[Mobile Food Pantry](#)

[National Scholarships and Fellowships](#)

619-594-2871

Administration Building, Suite 101

[New Student and Parent Programs](#)

619-594-1509

Student Services West-1602

[Ombudsman](#)

619-549-6578

Student Services East-1105

DIRECTORY OF PROGRAMS AND RESOURCES

[Registrar](#)

619-594-6871
Student Services West-1641

Research and Training Opportunities
LSAMP and [Minority Access to Research Careers \(MARC\)](#)
619-594-7195
GMCS 322-B

Research and Training Opportunities
Initiative for Maximizing Student Development (IMSD)
619-594-3744

[San Diego Access and Crisis Line](#)

1-800-479-3339 Or 1-888-724-7240
GMCS 322-B

[SDSU Financial Aid](#)

619-594-6323
Student Services West-3605

[SDSU Housing](#)

619-594-5742
6050 Montezuma Road

[Sophomore SURGE Mentoring](#)

619-549-5221
Aztec Student Union, Suite 210

[Study Abroad Office](#)

619-594-2475
International Student Center

[Student Account Services](#)

619-594-4249
Student Services West-2536

[Student Ability Success Center](#)

619-594-6473
Calpulli Center, Suite 3101

DIRECTORY OF RESOURCES AND PROGRAMS

[Student Life & Leadership](#)

619-594-5221

Aztec Student Union, Suite 210

[Testing Office](#)

619-594-5216

Student Services West-2549

[The Pride Center](#)

619-594-3520

5141 Campanile Drive

[Weber Honors College](#)

Administration Building, Room 201

[Webportal](#)

[Women's Center](#)

619-594-2304

5121 Campanile Drive

[Writing Center](#)

619-594-3543

Love Library 1103



Strengthen Your Writing Abilities

OUR MISSION:

The SDSU Writing Center promotes student success with writing across the university



SDSU Writing Center supports writers by offering

- Choice of meeting with a tutor online or face-to-face in the Writing Center
- Assistance with writing at any stage of your project
- Reference materials to check your academic writing style
- Tutoring for students from all language backgrounds

Location: Library Addition, 1st floor, next to circulation (LLA-1103)

Hours: Monday to Wednesday: 9:00 AM - 8:00 PM,
Thursday: 9:00 AM - 5:00 PM, Friday: 9:00 AM - 2:00 PM

Contact: writingcenter@mail.sdsu.edu or visit our website at www.writingcenter.sdsu.edu for more information



All Writing Center Services and Programs are **FREE** to SDSU Students

GET INVOLVED

Preparing for dental, medical, pharmacy, optometry, physician assistant, veterinary medical, or other health profession programs requires more than good grades and competitive admission test scores. The competitive applicant demonstrates an understanding of their chosen health profession, including clinical experience, and has a record of leadership, service, and advocacy as well as an understanding of issues relevant to health professions and health care.

Get involved with activities meaningful to you. Remember, too, that not all your activities need to be or should be medically or health care related.

Meet like-minded, highly motivated pre-health students who aspire to serve their communities as healthcare providers...and have some FUN, too!



SDSU Pre-health Student Organizations

- Alliance for Healthy Children
- American Medical Student Association
- Association of Pre-Pharmacy Students
- Aztec Professional Pre-Health Organization
- Aztec Sports Medicine Association
- Chicanos/ Latinos for Community Medicine
- Council of Pre-Health Organizations
- Flying Samaritans
- FOCUS (Pre-Optometry)
- MEDLIFE SDSU
- Physician Assistant Student Association
- Pre-Dental Student Organization
- Pre-Student Osteopathic Medical Association
- Pre-Veterinary Medical Association
- SOMHealth



DENTISTRY

MEDICINE

OPTOMETRY

PHARMACY

PHYSICIAN ASSISTANT

VETERINARY MEDICINE

... EXPLORE YOUR OPPORTUNITIES

GMCS 323
619.594.3030
healthpr@sdsu.edu
<http://hpao.sdsu.edu>



The Health Professions Advising Office provides information, guidance, and support for SDSU students and alumni from any major interested in pursuing a graduate or professional degree in a health profession, including medicine, dentistry, optometry, pharmacy, physician assistant, podiatry, and veterinary medicine.

Competitive applicants to these programs have a strong academic background, including GPA and admission test score. Students, however, do not need to major in the sciences. Applicants must also demonstrate an understanding of their chosen health profession, including clinical experience, and a record of leadership and service on campus and in the community. Some health professions schools/ programs look for research experience as well.

Every student's path to a chosen health profession is different. The successful applicant takes meaningful coursework beyond just what is required, engages in activities to learn more about their health profession interest, and commits to leadership, service and advocacy in an area(s) of interest.

HOW WE SUPPORT PRE-HEALTH STUDENTS

Attend an HPAO information session. This establishes your HPAO file. Dates/times can be found on the HPAO website. Come to GMCS 323 to sign up.

Meet with our health professions advisor and advising assistants who will work with you to create a plan for a competitive application to health profession programs/schools. You should meet each semester as you develop your portfolio.

Note: You will meet with your major advisor about degree completion requirements and with the health professions advisor about your preparation for a health care profession.

Advising assistants meet with 1st and 2nd year pre-medical and pre-dental students to help you get off to a good start and ensure fulfillment of your prerequisite classes. **Peer mentors** staff the office and are available to answer general questions. They help you learn more about campus resources and clinical and other volunteer service opportunities. Students may also request a peer mentor who will meet individually with them for an entire academic year. **"Ask a Peer Mentor"** hours are available each week for questions about specific health professions.

Workshops are scheduled throughout the semester on a variety of topics: how to become a competitive applicant, personal statement writing, interviewing for health professions, summer opportunities, post-baccalaureate programs, the application process for each of the health professions, and many others. See the semester schedule online at hpao.sdsu.edu.



Courses Offered Through HPAO

Biol 249 Careers in the Health Professions
Learn about careers from health care professionals and about preparing for a health care career.

Biol 250A Topics in Medicine
Learn about current topics in medicine and preparing to apply for medical school.

Biol 250C Topics in Veterinary Medicine
Learn about current topics in veterinary medicine, veterinary medicine specialties, and applying to veterinary medicine programs.

Biol 340A Preventive Dentistry
Learn about current topics in oral health and dentistry and preparing to apply to dental school. Learn from different dental providers. Participate in hands-on dental activities and take field trips to teach dental hygiene.

Class coordinator opportunities are available upon completion of Biol 249, 250A, 250C, or 340A with junior standing or higher.



SAN DIEGO STATE
UNIVERSITY

C&PS

COUNSELING & PSYCHOLOGICAL SERVICES

- Center for Well-Being
- Individual Counseling
- Phone Consultation
- Crisis Intervention
- Groups and Workshops
- Peer Education

 SAN DIEGO STATE
UNIVERSITY

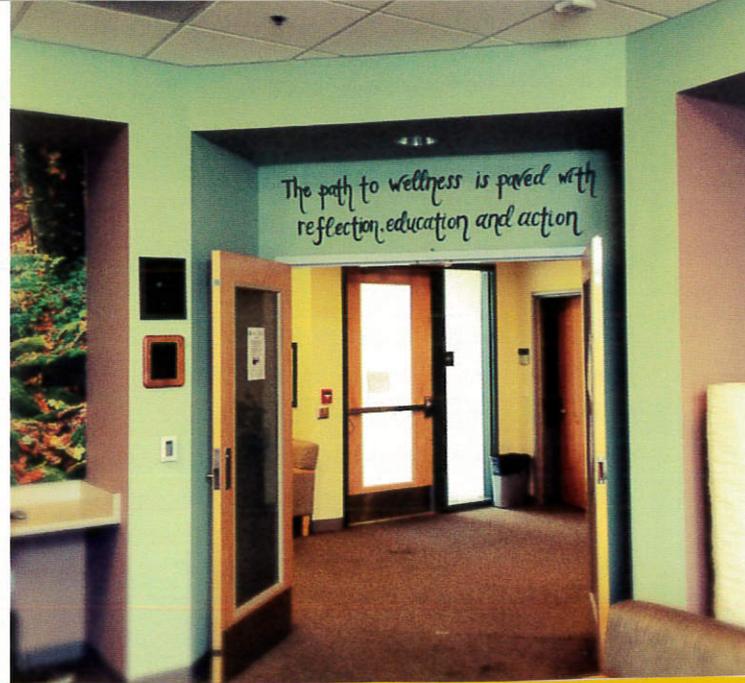
SDSU Student Affairs • Bridges to Success



Center for Well-Being • This room was designed by students (our peer educators) with you in mind. With multiple stations promoting health and personal growth, whether you have only a few minutes or a few hours, there is something here for everyone. Browse through our collection of books on a wide range of topics or express yourself on our chalkboard wall. Other options include a massage chair, computerized discovery, board games and a journal for personal reflections. We hope you come in and explore!

Teach Your Body and Mind to Relax

The Alpha Chamber "Egg Chair" • Our "Egg Chair" provides an environment where you experience deep relaxation, both mentally and physically. The Egg is a space that enhances your mental and emotional awareness while viewing and listening to videotapes utilizing a variety of relaxation techniques. A few moments spent in a calm environment here can be more beneficial than hours of ordinary rest.



Want to Help? Peer Educators • Each year, a cadre of SDSU students are selected, trained and supervised to provide peer education to other students. Our program offers students the opportunity to gain first-hand experience working in the mental health field, with an emphasis on valuing and respecting diversity among individuals. The primary focus of their work is on outreach and educational activities that provide information and support for SDSU students, their friends and families. Selected peer educators receive 3 units of credit in psychology. Many students get involved by joining Active Minds, our student organization.

Call, visit us online, or come by our office.

Phone/TTY: 619-594-5220

Web site: sdsu.edu/cps

Location: Calpulli Center, Room 4401

24-hour crisis intervention: 1-888-724-7240

Promoting Personal Growth and Well-Being

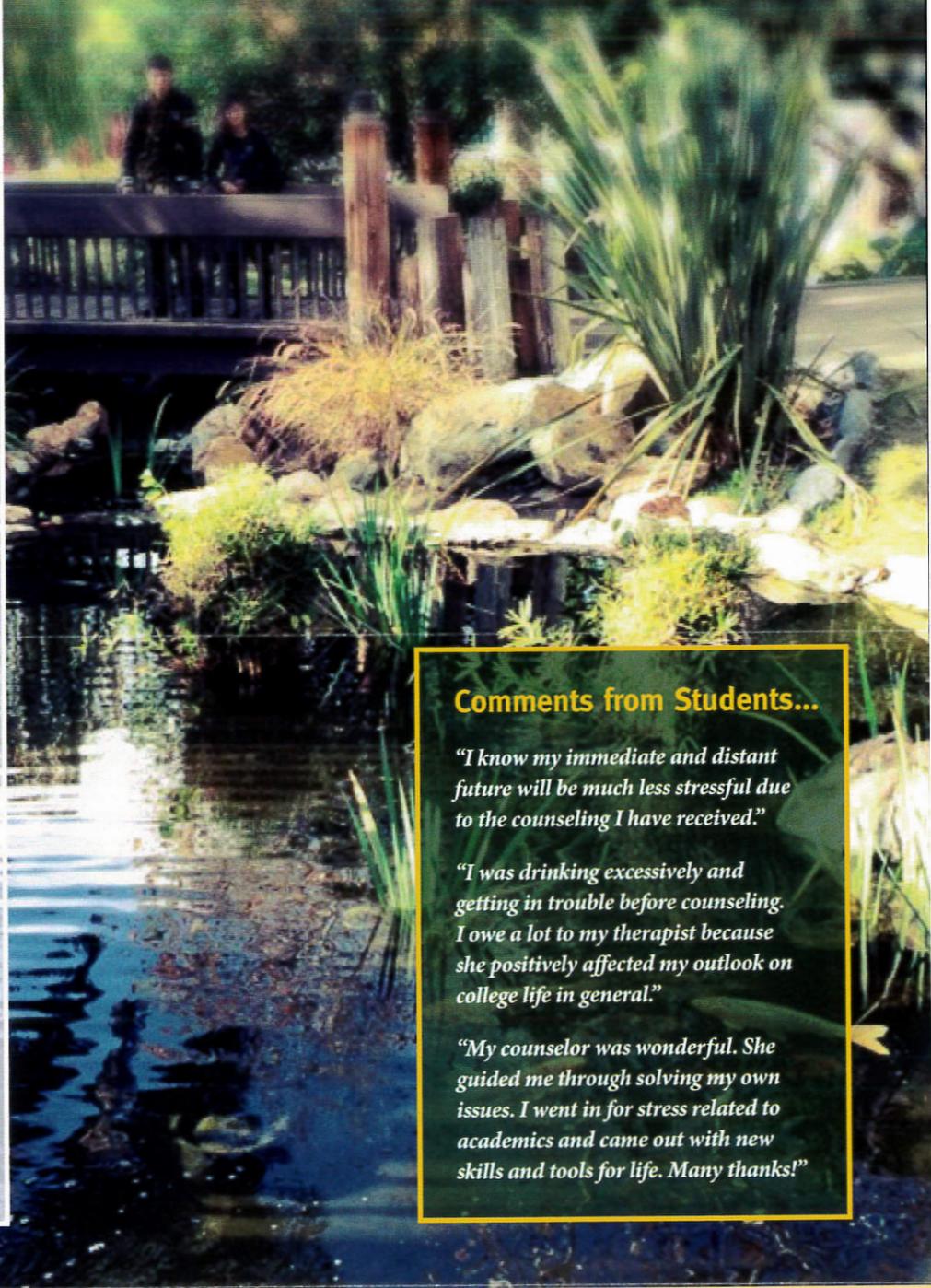
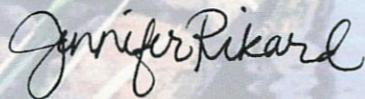
Dear Student,

The mission of Counseling & Psychological Services includes supporting the education of the “whole” student through enhancing mental health and personal growth.

College brings exciting opportunities for growth and learning, but also challenges, such as balancing academic, social and family demands, stress management, financial difficulties and questions about career.

During this important time, we invite you to utilize the Center for Well-being, attend a workshop or call us for recommendations about how we can support you. We will help you draw on your strengths, creativity and problem-solving abilities to help you to enhance your overall well-being.

Jennifer Rikard, Ph.D., Director



Comments from Students...

“I know my immediate and distant future will be much less stressful due to the counseling I have received.”

“I was drinking excessively and getting in trouble before counseling. I owe a lot to my therapist because she positively affected my outlook on college life in general.”

“My counselor was wonderful. She guided me through solving my own issues. I went in for stress related to academics and came out with new skills and tools for life. Many thanks!”

Consult With a Therapist 📞 If you have a personal concern, or are concerned about a friend, a therapist will talk directly with you by phone for a brief consultation. This conversation will allow the therapist to hear your concerns and help identify the best way to help.

Individual Counseling 📞 Our individual services are designed for students who can benefit from short-term therapy. Often, a few individual meetings with a therapist can help you better identify, understand and resolve the emotional barriers that may be interfering with your sense of personal well-being and academic success. These confidential services are covered by the health fee. If a student’s situation requires longer term therapy, referrals can be provided for off-campus resources.

Crisis Intervention 📞 For students who are in need of immediate assistance because of a severe emotional crisis that might be life threatening or otherwise require immediate attention, urgent appointments can be provided. Examples of urgent situations may

include thinking about suicide, being victimized by assault, or grieving the recent loss of a friend or family member.

Learn with Other Students 📞 C&PS Groups and Workshops address issues common to most university students and are designed to help students learn new ways to deal with challenging issues. These interactive and dynamic groups cover topics such as:

- *Mindfulness Meditation*
- *Bounce Back Retention Program*
- *COPE (stress management workshop)*
- *Alcoholics Anonymous*

Please call or stop by our office for more information about groups currently being offered.



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