2nd Annual

Transfer Student Success Summit

Division of Academic Engagement and Student Achievement

Friday, July 13, 2018

Peterson Gym 153
2nd Annual
Transfer Student Success Summit
July 13, 2018

Division of Academic Engagement & Student Achievement
Transfer Student Outreach Alliance
Career Services
Weber Honors College
Parking Services/Transportation Services

Division of Academic Engagement & Student Achievement
San Diego State University

Division of Academic Engagement & Student Achievement

San Diego State University

Transfer Student Outreach Alliance
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
Welcome to San Diego State University (SDSU) -- we are glad you’re here!

At SDSU 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
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)**
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).
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 previous worked in Career Services as the Campus Internship Coordinator for 4 1/2 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.
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.
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.
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
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.
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 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.

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.

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.

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.

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.

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.

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.
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
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

#SDSUCareers
SDSU Aztec Mentor Program
#CareerReady - Welcome Week
Join Career Services and employers to help you become career ready before graduation.
*Career Services Resource Room, SSE-1200

JCPenney Suit-Up Event
*Fashion Valley Mall, JCPenney, 6987 Friars Rd, San Diego 92108

Fall Career & Internship Fair
*Montezuma Hall, Conrad Prebys Aztec Student Union (2nd Floor)

Graduate & Professional School Fair
*Montezuma Hall, Conrad Prebys Aztec Student Union (2nd Floor)

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)

STEM Career Fair: Science, Technology, Engineering, Mathematics
*Montezuma Hall, Conrad Prebys Aztec Student Union (2nd Floor)
### SEPTEMBER 2018

**WORKSHOP SCHEDULE**

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

*All workshops are held in Career Services (SSE-1200). Event information may change; check career.sdsu.edu for updates.*
Resumes for STEM Professions
Highlight your experiences to help boost your career potential in STEM professions.

Professional Etiquette & Attire
Display exemplary style and confidence in professional settings using these best practices.

Internship 101: Jump Start Your Success
Learn what an internship is, why you need one and what to expect from the experience.

Job Search Strategies
Shape your job search by researching the companies you are interested in.

Grad Fair Prep
Navigate the Grad Career Fair with these effective strategies.

STEM Networking for Success
Create meaningful connections at the STEM Career Fair using these fundamental strategies.

Internship 201: How to Be a Successful Intern
Move from “showing up” to “shining.” Learn how to have a successful internship search and experience.

Are You Career Ready?
Learn what employers expect you to know about the workplace.

Internship 301: Internships & Beyond
Discover how to successfully end your internship, build your network, and leverage what you learned.

Managing Your LinkedIn Account
Discover LinkedIn’s greatest features to increase your visibility, search for jobs and improve your brand.

STEM Career Fair Prep
Navigate the STEM Career Fair with these effective strategies.

Interviewing for the STEM Professions
Strengthen your skills to help you ace the interview in STEM professions.

Salary Negotiation
Learn to research companies and salary negotiation strategies for your first job.
**November 2018 Workshop Schedule**

**THU, 1**

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

**THU, 8**

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

**TUE, 13**

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

**WED, 14**

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

**December 2018 Workshop Schedule**

**MON, 19**

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

**MON, 26**

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

**TUE, 27**

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

**MON, 3**

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

**TUE, 4**

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

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

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.

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 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.

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.

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.

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.

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.

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

SDSU students excel in internship participation; in 2015-2016, over 3,300 students completed internships.
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

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 fall orientation dates inside.

Fall 2018 Special Events

#CareerReady - Welcome Week
2:00pm-4:00pm
*Career Services Resource Room, SSE-1200

JCPenney Suit-Up Event
5:00pm-9:30pm
*Fashion Valley Mall, JCPenney, 6987 Friars Rd, San Diego 92108

Fall Career & Internship Fair
10:00am-2:30pm
*Montezuma Hall, Conrad Prebys Aztec Student Union (2nd Floor)

AMP Networking Event
5:30pm-7:30pm
*Montezuma Hall, Conrad Prebys Aztec Student Union (2nd Floor)

Graduate & Professional School Fair
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.
*Temple Mayor, Conrad Prebys Aztec Student Union (2nd Floor)

STEM Career Fair: Science, Technology, Engineering, Mathematics
10:00am-2:30pm
*Montezuma Hall, Conrad Prebys Aztec Student Union (2nd Floor)

Fast 15-Minute Walk-Ins
For resume reviews and quick questions
Monday-Thursday, 1:00pm-2:45pm
Friday, 10:00am-11:45am
#SDSUCareers

Aztec Career Connection

#SDSUCareers

Fall 2018 Workshops & Events Calendar

MOVE YOUR CAREER FORWARD

SDSU CAREER SERVICES

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

Fast 15-Minute Walk-Ins
For resume reviews and quick questions
Monday-Thursday, 1:00pm-2:45pm
Friday, 10:00am-11:45am
#SDSUCareers

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 fall orientation dates inside.

MOVE YOUR CAREER FORWARD

Fall 2018 Special Events

#CareerReady - Welcome Week
2:00pm-4:00pm
*Career Services Resource Room, SSE-1200

JCPenney Suit-Up Event
5:00pm-9:30pm
*Fashion Valley Mall, JCPenney, 6987 Friars Rd, San Diego 92108

Fall Career & Internship Fair
10:00am-2:30pm
*Montezuma Hall, Conrad Prebys Aztec Student Union (2nd Floor)

AMP Networking Event
5:30pm-7:30pm
*Montezuma Hall, Conrad Prebys Aztec Student Union (2nd Floor)

Graduate & Professional School Fair
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.
*Temple Mayor, Conrad Prebys Aztec Student Union (2nd Floor)

STEM Career Fair: Science, Technology, Engineering, Mathematics
10:00am-2:30pm
*Montezuma Hall, Conrad Prebys Aztec Student Union (2nd Floor)

Fast 15-Minute Walk-Ins
For resume reviews and quick questions
Monday-Thursday, 1:00pm-2:45pm
Friday, 10:00am-11:45am
#SDSUCareers

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 fall orientation dates inside.

MOVE YOUR CAREER FORWARD

Fall 2018 Special Events

#CareerReady - Welcome Week
2:00pm-4:00pm
*Career Services Resource Room, SSE-1200

JCPenney Suit-Up Event
5:00pm-9:30pm
*Fashion Valley Mall, JCPenney, 6987 Friars Rd, San Diego 92108

Fall Career & Internship Fair
10:00am-2:30pm
*Montezuma Hall, Conrad Prebys Aztec Student Union (2nd Floor)

AMP Networking Event
5:30pm-7:30pm
*Montezuma Hall, Conrad Prebys Aztec Student Union (2nd Floor)

Graduate & Professional School Fair
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.
*Temple Mayor, Conrad Prebys Aztec Student Union (2nd Floor)

STEM Career Fair: Science, Technology, Engineering, Mathematics
10:00am-2:30pm
*Montezuma Hall, Conrad Prebys Aztec Student Union (2nd Floor)

Fast 15-Minute Walk-Ins
For resume reviews and quick questions
Monday-Thursday, 1:00pm-2:45pm
Friday, 10:00am-11:45am
#SDSUCareers

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 fal
August

THU, 23
2:00PM - 2:30PM
Aztec Mentor Program Orientation
See enclosed AMP Orientation details.

THU, 28
11:00AM - 12:00PM
Aztec Mentor Program Orientation
See enclosed AMP Orientation details.

FRI, 31
12:00PM - 1:30PM
Aztec Mentor Program Orientation
See enclosed AMP Orientation details.

September

TUE, 4
10:00AM - 11:00AM
Make the Most of Aztec Career Connection
Leverage our online system to connect to employers and opportunities.

TUE, 4
2:00PM - 3:00PM
Career Fair “Dress for Success”
Design a positive impression to employers at the career fair with tips on how to present yourself professionally.

MON, 10
4:00PM - 5:00PM
Are You Career Ready?
Learn what employers expect you to know about the workplace.

WED, 5
10:00AM - 11:00AM
Aztec Mentor Program Orientation
See enclosed AMP Orientation details.

WED, 5
3:00PM - 4:00PM
Internship 101: Jump Start Your Success
Learn what an internship is, why you need one and what to expect from the experience.

THU, 6
12:00PM - 1:00PM
Effective Resumes
Highlight your experiences to help boost your career potential.

THU, 6
3:30PM - 4:30PM
Career Fair Prep
Navigate the career fair with these effective strategies.

FRI, 7
10:00AM - 11:00AM
Interview with Confidence
Strengthen your skills to help you ace the interview.

MON, 10
6:00PM - 7:00PM
Resumania
Meet with Career Services staff and professionals who will review your resume.

TUE, 11
12:00PM - 2:00PM
Aztec Mentor Program Orientation
See enclosed AMP Orientation details.

Resumania
Meet with Career Services staff and professionals who will review your resume.

TUE, 11
3:00PM - 5:00PM
Internship 201: How to Be a Successful Intern
Move from “showing up” to “shining.” Learn how to have a successful internship search and experience.

MON, 17
10:00AM - 12:00PM
Effective Resumes
Highlight your experiences to help boost your career potential.

TUE, 18
12:00PM - 1:00PM
Interview with Confidence
Strengthen your skills to help you ace the interview.

TUE, 18
3:30PM - 4:30PM
Internship 301: Internships & Beyond
Discover how to successfully end your internship, build your network, and leverage what you learned.

WED, 19
10:00AM - 11:00AM
Managing Your LinkedIn Account
Discover LinkedIn's greatest features to increase your visibility, search for jobs and improve your brand.

THU, 20
12:00PM - 1:00PM
Networking for Success
Create meaningful networks with other professionals using these fundamental skills.

THU, 20
3:00PM - 4:00PM
Aztec Mentor Program Orientation
See enclosed AMP Orientation details.

THU, 25
10:00AM - 11:00AM
Choosing a Major & Career Readiness
Explore how you can choose a major that can support your career goals.

WED, 26
3:00PM - 4:00PM
Aztec Mentor Program Orientation
See enclosed AMP Orientation details.

THU, 27
3:00PM - 4:00PM
Planning For Graduate School
Understand the graduate school applications process and how to research graduate schools.

FRI, 28
10:00AM - 11:00AM
Aztec Mentor Program Orientation
See enclosed AMP Orientation details.

TUE, 1
12:00PM - 1:30PM
Internship 101: Jump Start Your Success
Learn what an internship is, why you need one and what to expect from the experience.

MON, 1
11:00AM - 12:00PM
Interview for the STEM Professions
Highlight your experiences to help boost your career potential in STEM professions.

TUE, 2
2:00PM - 3:00PM
Professional Etiquette & Attire
Display exemplary style and confidence in professional settings using these best practices.

WED, 3
10:00AM - 11:00AM
Internship 101: Jump Start Your Success
Learn what an internship is, why you need one and what to expect from the experience.

THU, 4
12:00PM - 1:00PM
Job Search Strategies
Shape your job search by researching the companies you are interested in.

FRI, 5
2:00PM - 3:00PM
Grad Fair Prep
Navigate the Grad Career Fair with these effective strategies.

WED, 8
10:00AM - 11:00AM
STEM Networking for Success
Create meaningful connections at the STEM Career Fair using these fundamental strategies.

WED, 10
11:00AM - 12:00PM
Internship 201: How to Be a Successful Intern
Move from “showing up” to “shining.” Learn how to have a successful internship search and experience.

WED, 17
10:00AM - 11:00AM
Are You Career Ready?
Learn what employers expect you to know about the workplace.

WED, 17
3:30PM - 4:30PM
Internship 301: Internships & Beyond
Discover how to successfully end your internship, build your network, and leverage what you learned.

THU, 18
10:00AM - 11:00AM
Managing Your LinkedIn Account
Discover LinkedIn's greatest features to increase your visibility, search for jobs and improve your brand.

THU, 18
12:00PM - 2:00PM
STEM Career Fair Prep
Navigate the STEM Career Fair with these effective strategies.

October

MON, 1
11:00AM - 12:00PM
Interviews for the STEM Professions
Highlight your experiences to help boost your career potential in STEM professions.

TUE, 2
Professional Etiquette & Attire
Display exemplary style and confidence in professional settings using these best practices.

WED, 3
Internship 101: Jump Start Your Success
Learn what an internship is, why you need one and what to expect from the experience.

THU, 4
Job Search Strategies
Shape your job search by researching the companies you are interested in.

FRI, 5
Grad Fair Prep
Navigate the Grad Career Fair with these effective strategies.

WED, 8
STEM Networking for Success
Create meaningful connections at the STEM Career Fair using these fundamental strategies.

WED, 10
Internship 201: How to Be a Successful Intern
Move from “showing up” to “shining.” Learn how to have a successful internship search and experience.

WED, 17
Resumes for STEM Professions
Highlight your experiences to help boost your career potential in STEM professions.

THU, 18
Are You Career Ready?
Learn what employers expect you to know about the workplace.

THU, 18
Managing Your LinkedIn Account
Discover LinkedIn's greatest features to increase your visibility, search for jobs and improve your brand.

FRI, 19
5:00PM - 8:00PM
Internencing for the STEM Professions
Strengthen your skills to help you ace the interview in STEM professions.

MON, 29
12:00PM - 2:00PM
Salary Negotiation
Learn to research companies and salary negotiation strategies for your first job.

November

THU, 1
10:00AM - 12:00PM
Effective Resumes
Highlight your experiences to help boost your career potential.

THU, 8
10:00AM - 12:00PM
Professional Etiquette & Attire
Display exemplary style and confidence in professional settings using these best practices.

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

WED, 14
10:00AM - 11:00AM
Salary Negotiation
Learn to research companies and salary negotiation strategies for your first job.

MON, 19
12:00PM - 2:00PM
Internship 101: Jump Start Your Success
Learn what an internship is, why you need one and what to expect from the experience.

MON, 26
5:00PM - 8:00PM
Internship 201: How to Be a Successful Intern
Move from “showing up” to “shining.” Learn how to have a successful internship search and experience.

THU, 27
3:00PM - 4:30PM
Career Planning for Spring 2019
Gear up with the know-hows of navigating upcoming career fairs with these effective strategies.

December

MON, 3
3:00PM - 5:00PM
Internship 301: Internships & Beyond
Discover how to successfully end your internship, build your network, and leverage what you learned.

FRI, 4
10:00AM - 11:30AM
Choosing a Major & Career Readiness
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.
Show your Student ID to get your special discount card

EXTRA 40% OFF*
select men’s & women’s career dress apparel & shoes

*Show your Student ID to get your special discount card

LOCATION:
JCPENNEY STORE
6987 FRIARS RD
SAN DIEGO, CA 92108

SUNDAY, SEP. 9  |  5:00 PM – 9:30 PM

CAMPUS CONTACT
Juliana Todesco  •  jtodesco@sdsu.edu
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

visit: internships.sdsu.edu for more information and resources
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?

Updated 4/11/18
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

<table>
<thead>
<tr>
<th>General internships</th>
<th>Federal internships</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="http://www.indeed.com">www.indeed.com</a></td>
<td><a href="https://www.usajobs.gov/StudentsAndGrads">https://www.usajobs.gov/StudentsAndGrads</a></td>
</tr>
<tr>
<td><a href="http://www.linkedin.com/jobs/internships-jobs">www.linkedin.com/jobs/internships-jobs</a></td>
<td><a href="http://gogovernment.org">http://gogovernment.org</a></td>
</tr>
<tr>
<td>(LinkedIn account required to search)</td>
<td>Non-Profit internships</td>
</tr>
<tr>
<td><a href="http://www.internships.com/">www.internships.com/</a></td>
<td><a href="http://www.npworks.org">www.npworks.org</a></td>
</tr>
<tr>
<td><a href="http://www.careerbuilder.com">www.careerbuilder.com</a></td>
<td>STEM internships</td>
</tr>
<tr>
<td><a href="http://www.simplyhired.com">www.simplyhired.com</a></td>
<td><a href="http://www.dice.com/">www.dice.com/</a></td>
</tr>
<tr>
<td><a href="http://www.beyond.com">www.beyond.com</a></td>
<td>Entertainment internships</td>
</tr>
<tr>
<td><a href="http://www.ziprecruiter.com/jobs/internship">www.ziprecruiter.com/jobs/internship</a></td>
<td>CSU Entertainment Alliance- open to all majors interested in interning in the entertainment industry- <a href="http://csuentsertainment.com/internships/">http://csuentsertainment.com/internships/</a></td>
</tr>
</tbody>
</table>

International internships

- Access GoinGlobal through your Aztec Career Connection account  
  (international and domestic positions)
- http://csu.entsertainment.com/internships/
- SDSU Aztecs Abroad Internships- Intern aboard with SDSU’s preapproved providers https://goo.gl/ByDlItM

Updated 4/11/18
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 openess, inclusiveness, sensitivity and the ability to interact respectfully with all people and understand individuals’ differences.
Student Professionalism Starts Here

STUDENT INTERNSHIP TOOLKIT

SAN DIEGO STATE UNIVERSITY
Career Services
Division of Student Affairs

EXPLORE ENVISION ACHIEVE
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.

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.

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.
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.
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/vI5S9Gp.
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 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
• 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
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

**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 (careers.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)

**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
INTERNERSHIP 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 being 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 a 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

Connect
- Set goals with your Site Supervisor
- Give your Site Supervisor updates on your academics and professional development
- Create a Portfolio of your experiences
- Continue to develop your professional networking
- Follow-up with your Site Supervisor about a project you worked on while interning
- Reflect on your experience
- Keep in touch with the professional connections you made through email or LinkedIn

Grow
- Update your resume, social media profile and LinkedIn
- Send a thank you note within a week after your last day at the site, preferably handwritten

Reflect
- Give your Site Supervisor updates on your academics and professional development
- Reflect on your experience
- Keep in touch with the professional connections you made through email or LinkedIn
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.
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
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
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 (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
Honor 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**
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
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.
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 student applicants, 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/
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 Schwarmzan 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
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 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
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
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
OUR MISSION:
The SDSU Writing Center promotes student success with writing across the university.

Strengthen Your Writing Abilities

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
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.
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)

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