



Happy New Year! For those new students that began with Claremont Graduate University in Fall 2020, Welcome Back! Over the winter break, I hope that you took time to find respite and unwind from your first semester as a graduate student. For those of you beginning your first term this spring – Welcome to the CGU community! We are excited to partner with you on your scholarly journey. The Flourish in the First Year Program (FYE) will introduce new programming and build a community to support your success as a first-year student and beyond. Please take the time to review this newsletter for upcoming events designed with you in mind.

In late January, we are hosting a THRIVE one-day event for our first-year graduate scholars of color. If you are a graduate scholar of color who began in Fall 2020 and were unable to participate, we encourage you to join new scholars for a Saturday morning of engaging content and conversation. In February, we are hosting a panel on Successful Advising Relationships with our own Academic Deans and Directors.

We are committed to serving and supporting you during your time here at CGU. [Our team](#) is available to assist you in any way we are able. Looking forward to seeing you at one of our virtual events this semester!

In Community,



Rachel Camacho
Director, Student Engagement

Advancing Equity

FYE programming is working towards supporting students, as well as infusing equitable practices within our services and programs as we have seen with [THRIVE](#). Please visit our [Advancing Equity](#) webpage to see the progress we are making to advance our commitment to anti-racism, fostering an academic community of inclusive excellence, and creating real changes to systemic injustice. As part of our Strategic Plan, CGU is prioritizing diversity planning, fostering respect of others, and promoting the recruitment, retention and success of our students, faculty, staff and trustees.

Virtual Drop-In Hours

The Office of Student Engagement is offering drop-in hours the first three days of the fall term. Students should take this opportunity to get connected with resources, address any tech issues, receive help navigating to their virtual classes, or meet with a student support specialist and get rid of those first day jitters. The Student Engagement team will be available via Zoom during the following days and times:

Tuesday, January 19

- 11:00 AM - 1:00 PM (PT) | Drop-in with a student support specialist | [Register](#)

- 4:00 - 6:00 PM (PT) | Drop-in with a student support specialist | [Register](#)

Wednesday, January 20

- 8:00 - 10:00 AM (PT) | Drop-in with a student support specialist | [Register](#)
- 11:00 AM - 1:00 PM (PT) | Drop-in with a student support specialist | [Register](#)
- 4:00 - 6:00 PM (PT) | Drop-in with a student support specialist | [Register](#)

You can also find this and upcoming events information on our [Office of Student Engagement](#) website.

January Events

Reading, Writing, & Avoiding Procrastination in Graduate School

Hosted by the Center for Writing and Rhetoric

Saturday, January 27, 2021 | 12:00pm-1:00pm PT | Virtual

[RSVP](#)

This workshop provides practical methods for improving your approach to both reading and writing at the graduate level. It will also address some common procrastination pitfalls and how time management techniques can help avoid them.

THRIVE Summit - First Year Scholars of Color

Hosted by THRIVE

Saturday, January 30, 2021 | 9:00am-11:00am PT | Virtual

[RSVP](#)

This event is people-of-color centered, queer and trans affirming, and open to all abilities and bodies. In this summit, you will engage in essential community-building opportunities, and join conversations embracing one's identity through an intersectional lens.

February Events

Strength, Character and YOU: A Recipe for Living a Full and Fulfilled Life

Hosted by Jeff Boian, Drucker Career Strategy Office

Friday, February 12, 2021 | 10:00am-11:00am PT | Virtual

[RSVP](#)

During this workshop, you will become aware of the strengths and characteristics that makes you a scholar and professional.

Successful Advising Relationships

Hosted by the Office of Student Engagement

Tuesday, February 16, 2021 | 12:00pm-1:00pm PT | Virtual

[RSVP](#)

Join a panel with several of our own Academic Deans and Directors as they give advice and sage wisdom on how to establish successful advising relationships with faculty mentors at CGU!

Financial Literacy and Budgeting

Hosted by the Office of Financial Aid

Friday, February 19, 2021 | 12:00pm-1:00pm PT | Virtual

[RSVP](#)

During this workshop, you will learn tips on budgeting and financing while enrolled in a graduate program.

Overcoming Imposter Syndrome

Hosted by the Career Development Office

Tuesday, February 23, 2021 | 12:00pm-1:00pm PT | Virtual

[RSVP](#)

All students experience doubt, or better known as Imposter Syndrome, during their graduate studies. This event invites a professor, current student, and an alumnus to share how they have experienced imposter syndrome and how they overcame or are currently overcoming them.

How to Use the Library as a Graduate Student: Starting Your Research and The Art of Searching

Hosted by Kendra Macomber and Adam Rosenkranz, The Claremont Colleges Library

Thursday, February 25, 2021 | 2:00pm-3:30pm PT | Virtual

[RSVP](#)

You've been assigned a research project. Now what? How to use the Library as a Graduate Student is a two-part workshop series co-hosted by Kendra Macomber and Adam Rosenkranz, Librarians from The Claremont Colleges Library. In this session you will be introduced to library resources, discuss how to come up with a research topic and how to plan your search for credible sources.

March Events

How to Use the Library as a Graduate Student: Diving Deeper: Experimenting with Searching

Hosted by Kendra Macomber and Adam Rosenkranz, The Claremont Colleges Library

Tuesday, March 9, 2021 | 2:00pm-3:30pm PT| Virtual

[RSVP](#)

Continuing to build on the session in February, the first half of this session we will discuss advanced searching techniques and review how to integrate Zotero citation management software into your research. The second half of the session we will assist you in focusing on your research topics with librarian assistance.

Saint Patrick's Day Blarney Blast

Hosted by Violet Luxton, Office of Student Engagement

Wednesday, March 17, 2021 | 4:00pm-5:00pm PT| Virtual

[RSVP](#)

Join us on St Patrick's Day and follow CGU to the end of the rainbow! Come celebrate the heritage and culture of Ireland with an hour of trivia, games and prizes. Be sure to wear something green!

April Events

Writing Retreat Pursuing a Fulbright While at CGU

Hosted by Marcus Weakley, Center for Writing and Rhetoric

Thursday, April 1, 2021 | 12:00pm-1:00pm PT| Virtual

[RSVP](#)

This webinar covers the different types of Fulbright awards, how to apply, and the instruction and support provided through the Center for Writing & Rhetoric's new Prestigious Awards Initiative. It also introduces preliminary strategies for writing the Study/Research and English Teaching Assistant Awards. Becoming a Fulbright Scholar can have a lifelong impact. Learn if applying to this distinguished award during or after your course of study at CGU is a good fit for you!

Unlearning to Work Towards Better Relationships of All Kinds

Hosted by Abby Lawler, Queer Resource Center

Thursday, April 8, 2021 | 12:00pm-1:00pm PT | Virtual

[RSVP](#)

Join this interactive workshop on boundaries and communications. In this session we will investigate boundaries for more full relationships in life and examine the ways in which systems of oppression show up in our interpersonal relationships. Whether you are a

member of the LGBTQ+ community or an ally, it is important to understand your positionality in our heteronormative culture and the ways that impacts relationship formation of all kinds.

Growth Mindset for Grad School

Hosted by Preparing Future Faculty

Friday, April 9, 2021 | 12:00pm-1:30pm PT | Virtual

[RSVP](#)

In this webinar, we examine Carol Dweck's work on Growth Mindset and its importance for learning success. We will explore strategies to foster growth mindset as a capacity to help you flourish in your graduate studies.

Receiving Feedback in Graduate School

Hosted by Preparing Future Faculty

Friday, April 23, 2021 | 12:00pm-1:30pm PT | Virtual

[RSVP](#)

Receiving feedback is an important part of learning and graduate school. But how do we respond to feedback? What can we do with it? In this webinar, we explore the role and impact of feedback in learning, and how you can build strategies to use feedback as a tool for sharpening your abilities and being successful in your graduate studies.

May Events

FLOURISH End of Year Celebration

Hosted by FLOURISH in Your First Year

Thursday, May 20, 2021 | 5:30pm -7:30pm PT | Virtual

[RSVP](#)

Celebrate completing your first year at CGU! Join in for mocktails, cocktails, and conversation at 5:30pm and stay for games at starting at 6pm.

New Student Orientation on Canvas

The New Student Welcome pages on Canvas are available for students who started during the [fall 2020 semester](#) and [spring 2021 semester](#). Both pages introduce the incoming class to the resources, and student service offices available at CGU. The Canvas pages are self-paced and will remain available during your time at CGU. To begin, we encourage you to review the following modules in particular:

- Financial Aid and Literacy (Module 2, page 7)

- Student Life and Community at CGU (Module 3)
 - Shared Resources at The Claremont Colleges (Module 4)
 - Technical Help and Resources (Module 5)
 - Navigating Your First Week (Module 6)
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Your First Year Checklist

Lastly, the [First Year Checklist](#) provides action items essential to complete in your first year as a CGU graduate student.

Student Spotlight

CGU offers several peer mentoring programs through the academic departments and Office of Student Life, Diversity & Leadership (SLDL). Below, CGU peer mentors provide practical advice for the 2020-2021 class.



Tomasz is a mentor through the IGNITE Mentoring program and a history Ph.D. student. His advice to new students “Don’t be afraid, seek challenge and new environment because the best learning experience and outcomes come from it. Ask questions... I love to stay active and connected to the campus and the IGNITE mentoring program is a fantastic way to ease the stress for new incoming graduate students.”



Allison Maladore, featured above with her peer mentor, Brittany Lytle, is a current Doctoral Student of Public Health (DrPH) at the School of Community and Global Health (SCGH). Allison co-leads the DrPH Support Group at SCGH. Allison shared the following about the power of peer mentoring.

“Peer mentoring is powerful. Experiencing the challenges of something like graduate school is a shared connection. I strongly believe in lifting everyone around me up because we share the same mission, the same core goals, and the same dreams: to graduate and succeed. No one knows the experience better than your very own classmates, or rather, your colleagues. Peer mentoring allows growth, development, and honestly, fun-really. I have met so many incredible peers in my program that I am proud to call my friends and colleagues and reaching out to others is what got me there. Thus, my advice to a new student at CGU is to find your people. You can start at the various student organizations- that is what they are created for. And you can start small! Peer mentoring is not just advice about certain courses or career trajectories; it is also about sending a random meme or emoji to your group project members to remind them that you're in this project together! At the end of the day, peer mentoring is about having each other's backs- and I am deeply grateful for all my CGU peers who have and continue to mentor me today.”

HAVE ANY QUESTIONS?

- Please email us at student.engagement@cgu.edu