



Congratulations and welcome to Claremont Graduate University! The graduate school journey will be filled with exploration, and transformation. To support you as you navigate your first year at CGU, the Flourish in the First Year Program will provide workshops, presentations and additional opportunities to enhance your experience and build a community of support. Please take time to review this newsletter for upcoming events designed with you in mind.

One event I want to highlight is the *First Year Networking and Mixer* that will be held on campus, in-person on Saturday, September 18 from 9am – 11am. More information and registration can be found below. Success as a graduate student requires that you make time to establish a community and circle of support. We hope to see you there!

In Community,



Rachel Camacho  
Director, Office of Student Engagement

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## **ADVICE FOR FIRST YEAR STUDENTS**

Hear first hand from our students and their experience at CGU!

*"The FYE program helped me feel welcomed. In starting my PhD program during the pandemic shut down it could have been easy to feel disconnected. Thanks to the FYE team I felt right at home and was able to connect with other students with similar experiences and apprehensions as mine. I keep in touch with some of the people I met through this opportunity."*

- Aurora Jimenez, PhD in Education

*"For international students it is good to go to the writing center. ISP gave me a lot of help and I recommend also attending a First Year Experience Program event."*

- Judy Zhu, PhD International Politics & Political Science

*"I would recommend the FYE program to all new students. It kept me updated with what goes on in the school and how I could get over difficulties in my first year experience. I especially gained tools from the wellness workshops, they really helped."*

- Abidemi Adebamiwa, PhD Political Science

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## **EVENTS**

We invite all first year students to register for our upcoming events. This fall we will offer a variety of modalities for you to join us from anywhere. Please note, any student that registers for an on campus event will need to have completed the necessary steps for attending in-person gatherings through Student Health Services (SHS).

## September Events

### How to Utilize Tools to Create Plans of Action

*Hosted by the Office of Student Engagement*

Thursday, September 9, 2021 | 11:30am - 1:00pm PT | Hybrid

[RSVP](#)

During this session you will learn tips and tricks on how to successfully integrate your new academic schedule with your other obligations, operationalize systems and platforms to stay organized, and the importance of developing a peer support network early on in your graduate journey. For those joining in-person we will meet in the Academic Computing Building (ACB) classroom 214.

### First Year Networking

*Hosted by FLOURISH in Your First Year*

Saturday, September 18, 2021 | 9:00am-11:00am PT | In-person

[RSVP](#)

Hear from second year students and meet other first year students for some casual coffee and donuts, then make the rounds in our speed networking session. Now is the time to start connecting with other CGU students!

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## October Events

### Start Your Research with the Library

*Hosted by The Claremont Colleges Library Staff*

Tuesday, October 5, 2021 | 3:00-4:30pm PT | Hybrid

[RSVP](#)

In this session you will be introduced to the Library. Librarians, [Adam Rosenkranz](#) and [Kendra Macomber](#) will discuss how to search for materials, target discipline-specific resources, and review how to integrate Zotero citation management software into your research. The goal of this workshop is to give students information literacy skills that will be transferable to research projects they'll undertake throughout their time at CGU.

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## November Events

### First Generation Empowerment

*Hosted by Lisette Sanchez and Joselyn Valle, Monsour Counseling and Psychological Services (MCAPS)*

Thursday, November 4, 2021 | 12:00pm-1:00pm PT| Virtual  
[RSVP](#)

Join Flourish in Your First Year in collaboration with Monsour Counseling and Psychological Services in a discussion around common strengths and experiences of first-generation scholars. In addition, the facilitators will highlight overall mental health and wellbeing to help first-gen students thrive and flourish in their graduate programs.

## **Coping with the Load: Time Management for Graduate School**

*Hosted by the Center for Writing and Rhetoric (CWR)*

Tuesday, November 16, 2021 | 3:00pm-4:00pm PT| Hybrid  
[RSVP](#)

Effective time management involves a wide range of topics, so this workshop hones in on two areas that can have a strong impact for graduate students: developing a weekly planning system and creating sustainable new habits.

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## **ONLINE TOOLS**

### **New Student Orientation on Canvas**

The [New Student Welcome Page on Canvas](#) introduces students 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)

### **Flourish in Your First Year Program is on Canvas**

Created with you in mind and to get you engaged and informed, the [FLOURISH in Your First Year Experience \(FYE\) Canvas site](#) connects first year students to upcoming events across the university, resources to set you up for success and announcements about forthcoming activities. Stay tuned for our weekly discussion posts from the Office of Student Engagement. Log on to view our first post, "Vision Boarding 101" with Director of Financial Aid, Kristal Gamma and upload your very own vision board to the FYE Canvas page! Weekly discussions and new resources post every Monday.

### **ASK Workbook: Your Pathway to Success!**

Graduate school is a journey toward academic and career success. Your journey is unique to your needs and interests and require tools and resources. Rather than

overload you with a ton of information, we wanted to call your attention to a few sections of the [ASK Workbook](#) that would be of particular use this term.

- **Section 6** – [Professional Development](#)
  - **Section 8** – [Student Life, Diversity & Leadership \(SLDL\)](#)
  - **Section 10** – [Financial Literacy](#)
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## UPCOMING CGU EVENTS

### **Student Services Block Party: Back to Your Future!**

Join [The Claremont College Services block party](#) on Tuesday, September 14, from 2:00 - 6:00pm. They will have representatives from: Chaplains Office, Chicano Latino Student Affairs (CLSA), Office of Black Student Affairs (OBSA), Student Health Services (SHS), Health Education Outreach (HEO), Monsour Counseling and Psychological Services (MCAPS), and Student Disability Resource Center.

### **Graduate Student Council Welcome Back**

CGU students, faculty, and staff are invited to join the [Graduate Student Council \(GSC\) Welcome Back: Bridging the Gap](#) event on Thursday, September 16, from 5:00 - 8:00pm. We will gather around the Blaisdell Fountain and hear from CGU President Len Jessup, explore the resource booths, grab food from the In-N-Out truck, and build your community. Registration closes on September 9, 2021.

### **We Want to Hear from You!**

Please take our [start of semester survey](#) and share your feedback as you begin the first year of your graduate studies.

### **HAVE ANY QUESTIONS?**

- Please email us at [student.engagement@cgu.edu](mailto:student.engagement@cgu.edu)