

CSI³ NEWSLETTER

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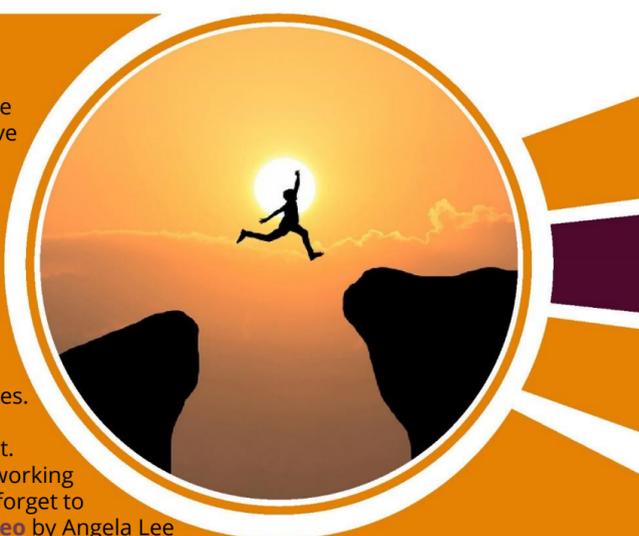
Hello Scholars,

Summer 2020 is officially over this week. We know these couple of months have not been easy. Our scholars have demonstrated an unbelievable amount of grit. What is grit? Grit is passion and perseverance for long-term and meaningful goals.

Without grit, talent may be nothing more than unmet potential. It is only with effort that talent becomes a skill that leads to success. (Duckworth 2016)

Grit is the ability to persist in something you feel passionate about and persevere when you face obstacles. This kind of passion is not about intense emotions or infatuation. It's about having direction and commitment. When you have this kind of passion, you can continue working hard even after experiencing difficulty or failure. Don't forget to check out our quick links, we have included a [great video](#) by Angela Lee Duckworth on this topic.

We want to recognize your efforts and encourage you to keep going. Need more inspiration? Read some of our former First Lady's [inspirational words](#). As always, we are here for you every step of the way.



COMMUNITY BUILDING

How has the first month of the fall semester treated you so far? What keeps you going? [Share your thoughts here.](#)

MSTI WORKSHOP

MSTI Scholars, our Restorative Justice workshops will resume on Thursday, September 24th at 3:00 - 4:00 p.m. Scholars, We encourage all of you to attend and gain more guidance, training, and hands on experience on this topic. Teaching is not only about educating the next future generation, but also shaping students by introducing them to restorative justice, discipline and values. Values that go beyond classroom walls. [RSVP TODAY](#)

CSI³ UNDERGRADUATE ANNOUNCEMENTS PADLET

Stay up to date with us! Visit the [CSI³ Undergraduate Announcements Padlet](#) daily for the latest events, workshops, job opportunities, and resources! You do not want to miss out.

CSI³ SUPPORT GROUPS

Need a safe space to share and explore challenges, stressors and successes managing life as it is. Join our Fall 2020 [CSI³ Support Group](#) on Friday, September 25th at 10-11:30 a.m. via Zoom. [RSVP Here](#)

TEACHER ASSISTANTS

The CSI³ Undergraduate Team would like to wish all of our CSI³ Teacher Assistants the best of luck on their first week of work! It is a very special week for you and all of us. Never forget that the art of teaching is the art of assisting discovery. As a teacher, you are the best guide for your students in the move towards this kind of illumination. Get students curious about discovering knowledge for themselves, and focus on their interests and inherent skills and natural talents. You got this!

CSI³ LEADERSHIP CLUB GALORE

The CSI³ Leadership Club has been meeting on a biweekly basis and have planned fun and resourceful activities for all undergraduate scholars to join! To begin they will be having [Study Sessions](#) every week on Tuesday, Thursday and Friday. Up next, they will be hosting a [Movie Night](#), but [NEED YOUR VOTE](#) on movie, date and time. Please submit your answers *before Friday, September 25th by noon!* Lastly, they will be meeting on Friday, September 25th at 9-10 a.m. [via Zoom](#). We hope you can attend all virtual events!

STEM WEEK

Save-the-Date: October 12-16, 2020! Get ready to hear from STEM faculty and alumni about STEM careers! Learn about the different fields in STEM and get an insight of what to expect in some professions. You do not want to miss out! Keep an eye out for more information about this event.

LET US KNOW

- [Newsletter Feedback](#)
- [Schedule an Appointment with Us](#)
- [Are You Ready for a Virtual Mock Interview?](#)

QUICK LINKS

- [Stay Alert!](#)
- [Tech Loaner](#)
- [Career Center](#)
- [CSUDH Writing Center](#)
- [AskTeddy](#)
- [iToros Mobile](#)
- [I.T. Website](#)



- [Grit: The Power of Passion and Perseverance](#)
- [Book Recommendation](#)
- [5+ Ways to Develop a Growth Mindset Using Grit & Resilience](#)
- [Michelle Obama's Most Inspiring Quotes](#)
- [Note to Self](#)

Visit our padlet to see what your classmates have to say about their **GRIT!**



[MARITZA TRUJILLO](#)



[MARIA DE LA TORRE](#)



[VALERIA GARCIA](#)



[CHRISTIAN LOPEZ](#)



[NICHOLAS ANAYA-LICEA](#)

Scholar OF THE Month



ELIZABETH SOLIS | RISING SENIOR
BIOLOGY: ECOLOGY & ENVIRONMENTAL STUDIES



Campus Programs/Involvements: STEM Scholars & LSAMP

Career Goal: Become a Biology professor & do research, specifically on spider venom.

Hobbies: Since the summer, I have been growing raspberries, blackberries, and blueberries. So far we've been lots of raspberry fruits. I also started doing yoga to help with my anxiety, and I ride my beach cruiser around the block with my dog every other morning. When I have more free time, I enjoy watching movies, specifically scary movies (especially during Halloween time), spending time with family, and catching up with friends (even if it's virtual).

How has CSI³ helped you? I have gotten tremendous support from the CSI³ team, and the resources they have provided us has been a huge help. Whether it was materials for courses, tutoring, or having a study area to get work done (before COVID), has truly made a difference for me as a college student. My most favorite events to attend were the STEM-Ups. The STEM-Ups have always prepared me for my chemistry courses, and have allowed me to feel more comfortable with the material that I would be learning in the upcoming semester. I also have been able to build new relations and/or reconnect with classmates whenever I attended these events.

What keeps you motivated and positive throughout life's hardships? When I experience hardships, I think that everything, and this is only temporary. I like to think hardships give us strength, wisdom, and preparation for the future. What keeps me motivated is that I want to finish my undergrad, and move on to the next part of my education. I imagine myself moving on to new and greater parts of my life, and when I finally have my career, I want to be able to give back to my parents for everything that they have done for me.

What advice would you like to give to your fellow scholars? I think your undergrad is the best time to experience new things, join organizations, build relations, learn about yourself, and find out what makes you happy. One of the most important lessons I have learned as an undergrad is having patience with myself, and looking at my setbacks as an opportunity for growth. I think many of us get caught up in feeling negatively when we deal with setbacks, and we forget to take a moment to look at how far we've come, and acknowledge the accomplishments we have made throughout our journey. STEM isn't easy, and everyone is going to face their own set of challenges. You have no idea how many people are rooting for you, and are waiting for you at the finish line. You just gotta bounce back and keep going after what you want. "The best view comes after the hardest climb."

What are your plans after graduation? I plan to attend Graduate school, and study the structure and function of proteins in spider venom. My overall research goal aims towards drug discovery. I would like to find a way to utilize these proteins for medical purposes.

[NOMINATE A SCHOLAR!](#)

Remember we are here to support you.. Don't forget to reach out if you need ANYTHING. [Click Here](#) to schedule an appointment.



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