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Announcements from Student Leadership Programs

2012-2013 Renewal

Believe it or not, it's already that time to start considering elections and renewals for the 2012-2013 academic year. The deadline for 2012-2013 renewals is **Friday, May 25, 2012**. At minimum, student organizations must submit the renewal application containing five eligible students (one must be a President and one must be a Treasurer) and an advisor. Each officer must also submit an Officer Agreement Form and the advisors must complete the Advisor Agreement Form. More information will be emailed to you specifying this

process. However, to prepare for transitioning to next year, I encourage you to consider the following:

- How will you facilitate officer elections? What is your timeline?
- How will outgoing officers give incoming officers the basics" of how to do the job in the organization including tips for success and things to avoid? When will they do this?
- How will outgoing officers give incoming officers the most current constitution and share any relevant information for constitution changes?

- How will outgoing officers share a list of all events and/or activities held this year and any pertinent information for the event (e.g. budget, logistics, contact information, etc.) beneficial for future implementation?
- How will outgoing officers share a list of all events and/or activities held this year and any pertinent information for the event (e.g. budget, logistics, contact information, etc.) beneficial for

California State
University**STUDENT
LEADERSHIP
PROGRAMS**C H A N N E L
I S L A N D S

future implementation?

- How will outgoing officers share accomplishments they faced and challenges they experienced this year?
- How will past budget requests and past expenditures be passed on to incoming officers?
- How can incoming officers secure answers from outgoing officers before the semester ends?
- How can incoming officers secure answers from outgoing officers AFTER the semester ends?

Congratulations!

The Student Leadership Awards (SLA) nominations have been submitted, and we are pleased to congratulate the following student organizations their SLA nominations: Residence Hall Association, Student Programming Board, Gamma Beta Phi, Latina Leadership Coalition, Zeta Pi Omega, CI Firearms Safety Club, Green Generation Club, Spectrum and Adelante Mujer. Additionally, we congratulate Jacob Hanley and Haida Jimenez for being nominated for

Outstanding Student Organization Advisor. Be sure to attend the Student Leadership Awards on **Wednesday, April 25, 2012 at 6:30 p.m. in Salon A** to see your peers' and mentors' hard work recognized.

Sincerely,

Dr. Jaimie Hoffman Russell
Assistant Director of Student Leadership Programs



Timeline Reminder!

Please submit your requests to us in a timely manner. Only timely requests will be processed.



Student Organization Outreach Officer's Notes

By: Elizabeth Anson

As the end of the school year and my career as a CI undergraduate approaches, I would like to say that I have greatly enjoyed my time here mainly because of all of you. CI is made of amazing students who make this campus a truly unique place with many unique experiences. Even if you believe you have not made an impact on this campus, believe me, you have. From participating in school wide events such as Relay for Life and the Student Involvement Fairs, to something as simple as inviting a speaker to your club, you have touched so many individuals. And for that, I thank you.

Looking back, my experience here would have been of great contrast had it not been for my involvement on campus. It truly made a difference in my education as well as making me a marketable person. If you have not taken anything from the words I have said to you please at least take this: Never pass on an opportunity to better yourself and your community.

Congratulations

On behalf of Student Government, we would like to cordially invite you to the 2012 Maximus Award Ceremony. The Maximus Awards Ceremony will be held on Friday, April 13th 2012 in the Student Union Courtyard. Check-in begins at 3:30pm.

Maximus is an awards ceremony, hosted by Student Government, which honors individuals within the CI community as well as the Camarillo community who embody leadership and have made a significant contribution to CI's success. The students of CI believe these recipients are an accurate representation of this definition. The students feel these individuals embody leadership through your involvement in the lives of the student body and the school. They have made this a great place for everyone who attends or visits. Without the tireless efforts of the both past and present winners and nominees, this school would not have thrived into a place we the students call home. We ask that you join us and celebrate all who have contributed to the success of this university.

Please RSVP to <http://studentgov.csuci.edu/>



2012-2013 Student
Organization
Renewals are due May
25, 2012. Start
planning for a
successful transition
for your officers and
organization!

CI LEADERSHIP DEFINITION

With excellence and integrity, CI leaders serve others, build community, personally flourish and act in a positive and socially responsible manner.



Student Organization Spotlight – MVS Business

By: David Seery

The MVS Business Club is an academic club that has been active at CSU Channel Islands for four years. The club's objective is to place students at the center of their educational activities by holding discussions, events, activities (such as competing in a virtual stock market game and taking education trips) designed to give participants the knowledge and perspectives needed to enrich their experiences at CI.

Each year, the club takes an annual trip during Spring Break to a major city where members visit various businesses, understand the culture and behind the scene perspectives on what the real business world is like. Previous trips include New York, Los Angeles/Las Vegas, and Vietnam. This year the club will be going to Detroit to visit the top three car companies to evaluate how they have worked through current economic hardship.

During the Fall semester, the MVS Business Club helps to raise funds which used to provide Thanksgiving meals to underprivileged families in Ventura County. Though it is the business club, we are happy to have members from any major. We believe that business is a very broad discipline which is intricately woven into all aspects of society, and that there may be many different reasons why a student would join the MVS Business Club. Whether you are interested in learning more about business, traveling, networking with new people on campus, or just want to come to have a good time, the MVS Business Club has something for everyone.

We invite you to come join us for one of our weekly meetings on **Mondays at 7:00 p.m.** in the Student Union Building Coville Conference Room (Room 1080). If you have any questions, please feel free to send us an email: MVSBusinessClub@gmail.com.



IT'S EASY BEING GREEN

By Briana Linares

Some people might disagree that being green is easy. So let's take a step back and look at our behaviors in our everyday lives. We all like convenience, and sometimes being green may seem like an inconvenience to us. If we are conscious of our actions, it may be easier for us to "be green". I'll use brushing your teeth as an example; remind yourself to turn the water off while you are brushing your teeth. Once you are conscious of the idea of wasting water, other environmentally friendly decisions, such as turning lights off when not in use and recycling will result. For more green tips or information on being green at CI please contact Briana Linares at Briana.linares122@csuci.edu.



Volunteer Opportunities

Walk MS

The National Multiple Sclerosis Society (NMSS) has invited the CI students to partake in an excellent volunteer opportunity with the upcoming Walk MS event on **April 21** in support of the Conejo Valley Walk MS. The walk will be taking place at Conejo Creek Park (1379 E. Janss Road, Thousand Oaks, CA, 91362) and approximately 1,300 individuals will be participating. To learn more about Walk MS please visit our website: www.walktoendms.org. The NMSS has been grateful for the time and energy that CI students offered in support of last year's walk.

Volunteers will be needed to help with set up/break down, and the distribution of food, beverages, t-shirts, and medals. Volunteer shifts will begin at **7:00 a.m.** and end at **2:00 p.m.** Half day shifts are an option as well, as individual schedules permit. If you are interested in volunteering please contact Deana Mesa, Development Manager. Deana's email is: deana.mesa@nmss.org; her phone: (805) 682-8783.



NatureBridge Hike-a-Thon!

NatureBridge's Hike-A-Thon takes place on **Sunday, April 29, 2012 at Temescal Gateway Park in Pacific Palisades**. This awareness-builder and fundraiser runs from 10 a.m. – 2 p.m. Volunteers are needed for set up, registration, and breakdown shifts: 8 a.m. – 12 p.m., 12 p.m. – 4 p.m., 10 a.m. – 2 p.m.

NatureBridge's first-ever Hike-A-Thon will only be successful with the support of passionate, dedicated volunteers. There are a variety of volunteer opportunities for the Hike-A-Thon include and your help is needed! For more information, contact

Gretchen Lightfoot by calling (310) 765-4871 or by emailing at glightfoot@naturebridge.org.

The Ventura County Educators' Hall of Fame Dinner

In August 2005, a young man named Darrin Parrent set out to create an organization that would honor exemplary individuals in the field of education. His idea was to establish a Ventura County Educators' Hall of Fame. The Ventura County Educators' Hall of Fame held their Inaugural Induction dinner on October 6, 2007, their third will be held Saturday, June 23, 2012.

They are in need of volunteers to help with this year's event, specifically for students to help out in the following areas:

1) Someone who is skilled in graphic design such as Adobe Photoshop / InDesign or Illustrator. This person would be the one who would be putting together our Induction dinner program this year. If they start in March they have until the end of May to complete this project. We expect the program to be a total of 16 pages. Most of the materials they would be placing in the program would be taken from the last three year's programs and merely shuffled around to give this year's program a varied look.

Thus, most of the pages / graphics will be already built, and they would have very little besides the cover and about three pages to build from scratch. In addition, there would be several blank pages where they would put the Hall of Fame Inductee's bio in place. Overall, not much work if they have 6-12 weeks to work on the task.

In addition, we may ask this person to put up a Facebook page for the Hall of Fame as well.

2) An English student to write bios for all the Hall of Fame Inductees. The bios we have from the past 3 years were written by a news wire service editor / writer. Since he will not be

writing our bios anymore, we would like to get a very proficient English student to write the bios for us.

3) One or two photography students to take pictures at the Hall of Fame Induction dinner.

All student volunteers will be given VIP tickets (sitting right behind the inductees) to the Hall of Fame Induction dinner. The Induction dinner will be held on **Saturday, June 23** at the **Ventura Four Points Sheraton**. We shall also recognize them in our printed program and acknowledge their assistance from stage as well.

Help with AVID

For the second year in a row CI is hosting 300 AVID students on our campus to honor them for their work the past year and honor the Regional Write-Off Winners. This event is done in partnership with the P-16 Council, the United Way Education Focus Team and the VCOE. Last year we planned a scavenger hunt that helped students get to know the campus. This year we are looking for CI students who would be willing to lead groups of students on the scavenger hunt and talk to them about the campus as they "scavenger." The day is Friday, April 27 from about 9:30 a.m. – 11 a.m., leaving from Salon A. I appreciate any assistance you can provide. Please contact Brooke Carson at brooke.carson@csuci.edu if you would like to volunteer.

Career Week

We are pleased to announce **Career & Internship Fair Week 2012!** As spring comes to an end with summer and graduation right around the corner, many students will be pursuing summer internships and professional positions post-graduation. In Career Development Services, we are committed to assisting you to obtain a professional internship or part-time/full-time employment. In order to prepare for our hugely successful **10th Annual Career & Internship Fair**, mark your calendar to take advantage of these important opportunities:

Dress for Success Fashion Show:

Learn how to make a first impression through professional dress and communicate to employers that you are the right person for the job.

Tuesday, April 10, 2012

11:00 a.m. to 12:30 p.m. at the Student Union Building Stage Area

Sponsored by: Camarillo Premium Outlets

Fashion Show Judges:

- Brian Sikoff, Assistant General Manager at Camarillo Premium Outlets
- Jenny Roney, Director of Human Resources for the City of Ventura
- Amanda Carpenter, Coordinator of Career Development Services at CSU Channel Islands

Resume Clinic:

Do you want to impress an employer with a winning resume? This hands-on clinic is designed to give you a unique opportunity to have your questions answered by employers and the Career Development Services staff.

Tuesday, April 10, 2012

2:00 p.m. to 4:00 p.m. at the Broome Library Plaza

Employer Panel:

Discuss interviewing techniques and strategies with executive level human resources and management professionals from local businesses and organizations.

Wednesday, April 11, 2012

11:45 a.m. to 1:00 p.m. at the Student Union Building Stage Area

Employer Panelists:

- Gary Hoffner, President of Digital Security & Electronics
- Jenny Roney, Director of Human Resources for the City of Ventura
- Patrice Poletto, Vice President of Human Resources at AG RX
- Tom Watson, Chief Services Officer at Radix Promotions & Marketing

How to Prepare for the Career & Internship Fair Workshop:

Learn last minute tips on how to effectively prepare for the fair.

Wednesday, April 11, 2012

3:00 p.m. to 4:00 p.m. in the Career Development Center, Bell Tower 1548

10th Annual Career &

Internship Fair:

Take this unique opportunity to network with local organizations who are actively recruiting to fill internships, as well as part-time/full-time employment position openings. Come prepared for a potential interview with your future employers.

Thursday, April 12, 2012

10:00 a.m. to 2:00 p.m. at the Broome Library Plaza

Sponsored by: Martin V. Smith School of Business & Economics along with the Business & Technology Partnership

For a current list of participating employers, please visit:

<http://www.csuci.edu/careerdevelopment/our-services.htm>

We look forward to seeing you throughout **Career & Internship Week 2012!** Please contact the Career Development Center if you have any further questions regarding the week.



2012 10th Annual Career & Internship Week

Dress For Success Fashion Show
Tuesday April 10, 2012 SUB Stage
11:00 a.m. - 12:30 p.m.
Learn how to make a first impression through professional dress and communicate to employers that you are the right person for the job.
Sponsored by: Camarillo Premium Outlets

Resume Clinic
Tuesday April 10, 2012 Broome Library Plaza
2:00 p.m. - 4:00 p.m.
Do you want to impress an employer with a winning resume? This hands-on clinic is designed to give you a unique opportunity to have your questions answered by employers and the Career Development Services Staff.

Employer Panel
Wednesday April 11, 2012 SUB Stage
11:45 a.m. - 1:00 p.m.
Discuss interviewing techniques and strategies with human resources and management professionals from local businesses and organizations.

How to Prepare for the Career & Internship Fair Workshop
Wednesday April 11, 2012 Bell Tower 1548
3:00 p.m. - 4:00 p.m.
Learn tips on how to effectively prepare for the 2012 Career & Internship Fair including strategies for success.

10th Annual Career & Internship Fair
Thursday April 12, 2012 Broome Library Plaza
10:00 a.m. - 2:00 p.m.
Network with local organizations who are actively recruiting to fill internships, as well as part-time/full-time employment position openings. Come prepared for a potential interview with your future employers.

Sponsored By:
California State University Channel Islands
BUSINESS & TECHNOLOGY PARTNERSHIP
MVS MARTIN V. SMITH SCHOOL of BUSINESS & ECONOMICS

For more information please contact the Career Development Center at (805) 431-1270 or career.services@csuci.edu.
Persons who, because of a special need or condition, would like to request an accommodation should contact Disability Resource Programs at (805) 431-3131 or email accommodations@csuci.edu as soon as possible, but no later than five business days before the event, so that appropriate arrangements can be made.

Campus Events

National Cesar Chavez Blood Drive

South Quad

April 2 (Monday)

11:30 a.m. – 4:00 p.m.

ASI Election Debate (President Debate)

Student Union – Tree House

Courtyard

April 2

12:00 p.m. – 4:00 p.m.

Light It Up Blue

Bell Tower

April 2

6:30 p.m. – 8:00 p.m.

Time Management Workshop

Broome Library 2480

April 3 (Tuesday)

12:00 p.m. – 1:00 p.m.

Interviewing Techniques

Bell Tower 1548

April 3

12:00 p.m. – 1:00 p.m.

ASI Election Debate (Vice President Debate)

Student Union

April 3

4:00 p.m. – 5:00 p.m.

ESRM Spring Seminar Series

Broome Library 1360

April 3

5:30 p.m. – 7:00 p.m.

Lipdub Screening

Student Union 1130

April 3

6:00 p.m. – 8:00 p.m.

ASI Elections

South Quad

April 9 (Monday)

8:00a.m. – 5:00p.m.

Dolphin Days Opening Ceremony

Student Union – Treehouse

Courtyard

April 9

12:00 p.m. – 1:30 p.m.

Battle of the Majors – Dancing with the Staff

Student Union 1130

April 9

6:00 p.m. – 7:30 p.m.

Zumba Fitness

Santa Cruz Village Dance Room

April 9

6:00 p.m. – 7:00 p.m.

CI Basketball League

Rec Center (Arroyo Hall)

April 9

6:30 p.m. – 10:30 p.m.

Cardio Ripped

Santa Cruz Village Dance Room

April 9

7:00 p.m. – 8:00 p.m.

ASI Elections

South Quad

April 10 (Tuesday)

8:00a.m. – 5:00p.m.

RHA Blood Drive

Santa Cruz Village G1 Lounge

April 10

10:00 a.m. – 4:00 p.m.

Dress for Success Fashion Show

Student Union 1130

April 10

11:00 a.m. – 12:30 p.m.

Resume Clinic Fashion Show

Broome Library Plaza

April 10

2:30 p.m. – 4:00 p.m.

Battle of the Majors – Drag Show

Student Union 1130

April 10

7:00 p.m. – 9:00 p.m.

Yoga Vinassa Flow

Santa Cruz Village Dance Room

April 10

6:30 p.m. – 7:45 p.m.

Student vs. Faculty/Staff Volleyball Game

Rec Center (Arroyo Hall)

April 10

6:30 p.m. – 10:30 p.m.

Jazz Fusion

Santa Cruz Village Dance Room

April 10

8:00 p.m. – 9:00 p.m.

Zumba Fitness

Santa Cruz Village Dance Room

April 10

9:00 p.m. – 10:00 p.m.

Employer Panel

Student Union 1130

April 11 (Wednesday)

11:45 a.m. – 1:00 p.m.

RHA Blood Drive

Santa Cruz Village G1 Lounge

April 11

10:00 a.m. – 4:00 p.m.

Commuter Luncheon

Salon A

April 11

12:00 p.m. – 1:00 p.m.

How to Prepare for the Career & Internship Fair Workshop:

Bell Tower 1548

April 11

3:00 p.m. – 4:00 p.m.

Utilizing Effective Study Skill Strategies

Broome Library 1360

5:00 p.m. – 6:00 p.m.

Battle of the Majors – Karaoke Night

Student Union 1130

April 11

7:00 p.m. – 9:00 p.m.

Slow Deep Stretch Yoga

Santa Cruz Village Dance Room

April 11

6:30 p.m. – 7:45 p.m.

CI Basketball League

Rec Center (Arroyo Hall)

April 11

6:30 p.m. – 10:30 p.m.

Meditation

Santa Cruz Village Dance Room

April 11

8:00 p.m. – 8:30 p.m.

Strength and Conditioning

Santa Cruz Village Dance Room

April 11

8:45 p.m. – 9:45 p.m.

10th Annual Career & Internship Fair:

Broome Library Plaza

April 12 (Thursday)

10:00 a.m. – 2:00 p.m.

Multicultural Caucus

Student Union 1080

April 12

2:00 p.m. – 3:30 p.m.

Ocotillo Dreams Featuring

Author: Melinda Palacio

Broome Library 1360

April 12

4:00 p.m.

Battle of the Majors – Casino Night

Student Union 1130

April 12

7:00 p.m. – 10:00 p.m.

Stretch and Ballet Barre

Santa Cruz Village Dance Room

April 12

8:00 p.m. – 9:00 p.m.

Maximus Awards

Student Union Tree House

Courtyard

April 13 (Friday)

4:00 p.m. – 6:00 p.m.

\$mart \$tart Salary Negotiation

Bell Tower 1548

April 13

9:00 a.m. – 12:00 p.m.

Dolphin Flag Football League

Potrero Field A

April 13

11:00 a.m. – 3:00 p.m.

CI Bicycle Kitchen

Rec Center (Arroyo Hall)

April 13

11:30 a.m. – 1:30 p.m.

Yoga Vinassa Flow

Santa Cruz Village Dance Room

April 13

11:45 a.m. – 12:45 p.m.

Filipino Festival

Ventura Street

April 13

6:30 p.m. – 9:00 p.m.

Block Party

Ventura Street

April 13

9:00 p.m. – 12:00 a.m.

Discover CI

South Quad

April 14 (Saturday)

9:00 a.m. – 2:00 p.m.

Sunset Kayaking

Channel Islands Harbor

April 15 (Sunday)

3:30 p.m. – 8:00 p.m.

Restorative Yoga

Santa Cruz Dance Room

April 15

7:00 p.m. – 8:00 p.m.

How to Choose a Major Workshop

Broome Library 1360

April 17

4:00 p.m. – 5:00 p.m.

MS Biotech Spring Mixer

El Dorado Hall 110

April 17

5:30 p.m. – 9:00 p.m.

ESRM Spring Seminar Series

Broome Library 1360

April 17

5:30 p.m. – 7:00 p.m.

Day of Silence

CI Campus

April 19

9:00 a.m. – 4:00 p.m.

Day of Silence – Social

Student Union – Tree House

Courtyard

April 19

4:00 p.m. – 6:00 p.m.

CME Anti-Bullying Summit

Broome Library 1756

April 20

8:00 a.m. – 4:00 p.m.

Division of Student Affairs**Student Assistant Celebration**

Tree House Courtyard

April 20

10:00 a.m. – 1:00 p.m.

Rotaract Blood Drive

South Quad

April 24

10:00 a.m. – 3:00 p.m.

Poster Session: Japan, Detroit, and Nola

Broome Library 1320

April 24

4:00 p.m. – 6:30 p.m.

Test Anxiety Workshop

Broome Library 1360

April 25

4:00 p.m. – 5:00 p.m.

Student Leadership Awards

Salon A

April 25

6:30 p.m. – 10:00 p.m.

Multicultural Caucus

Student Union Building 1080

April 26

2:00 p.m. – 3:30 p.m.

AVID Celebration

Salon A

April 27

8:30 a.m. – 11:00 a.m.

MVS Speaker Series: Bob Santelli

Malibu Hall 100

April 27

12:00 p.m. – 1:30 p.m.

Gamma Beta Phi Induction Ceremony

Tree House Courtyard

April 27

6:00 p.m. – 9:00 p.m.

Spring Gala

Aliso Hall Plaza – Dolphin

Fountain Courtyard

April 27

8:00 p.m. – 12:00 a.m.

18th Semi-Annual Talking' Dolphins Speech Tournament

Bell Tower

April 28

8:00 a.m. – 5:00 p.m.

4th Annual Social Justice Conference

Broome Library

April 28

9:00 a.m. – 5:00 p.m.

Dolphin Palooza

Potrero Field

April 28

3:00 p.m. – 8:00 p.m.

Honors Convocation

Broome Library Plaza

May 4

6:30 p.m. – 8:00 p.m.

The First Ever Relay for Life at CSU Channel Islands*By Christine Wamba*

On March 2nd and 3rd, for 24 hours, CI had the opportunity to host Relay for Life for the first time ever! Four hundred and twelve participants from 33 teams gathered around South Quad to raise a grand total of \$58,073 for cancer research (which surpassed our goal by \$33,073). We are proud to share with you that 12 of the 33 teams

were our very own student organizations: Adelante Mujer, CI Bicycle Kitchen, CI Student Nurses Association, Gamma Beta Phi, Island News, Kilusan Pilipino, CI Sailing, MVS Business Club, Refuge, Spectrum, USAWA, and Zeta Pi Omega. Each of the organizations that came out not only walked around the quad for the full 24 hours but also did fundraisers at their tables for people attending the event. Adelante Mujer hosted a hair donation tent for people to donate 10 inches or more of hair that will be sent to make wigs for

cancer patients. Bicycle Kitchen teamed up with MVS Business Club and Island News to hand out fun mustaches for donations \$1. These are just a few ways that the organizations came together to work toward a goal that benefited everyone. Thank you for everyone who came out – we are SO proud of you. The event was a huge success, and we can't wait for next year!



Manage Your Stress and Calm Those Nerves!

By: Charles Tran

Don't blink! This semester is flying by! Can you believe that we are already closing on week 10? With that said, this is the time when final tests and projects start creeping up and stacking up. But don't fret! If you know how to manage stress, you'll be better off when you need to study, work on those papers, and when you walk into class the day of your test. If you don't know how to manage stress, below are a few tips that can help you put your hearts at ease.

For starters, let's answer the question of why you should care. Let's refresh our minds of what high school biology taught us: stressful situations cause your body to enter a "fight or flight" state, which results in quickened heart rate and breathing. Stress in small amounts can actually be beneficial! However, according to Health.com, too much stress can cause muscle pains, headaches, and may even make you sick! But that's not all. Stress also inhibits the brain's ability to learn new things and remember old ones-so don't try to procrastinate, you won't learn anything and if anything, you might forget the things you knew before! Now that we've talked about some of the

ways stress can be detrimental, let's look at some ways to manage stress and keep your mind at ease for T-Day (Test Day)!

1. **Mindful Relaxation:** for just 10 minutes a day, try meditating or deep-breathing exercises. This can help relieve muscle tensions that can cause headaches
2. **Drink Hot Water with Lemon:** as we all know, too much stress can cause breakouts. To solve that issue, drinking hot water with lemon helps detoxify the skin
3. **Thought Stopping:** for those of you who have trouble sleeping because of stress (stress-induced insomnia for more serious cases) try thinking of a "STOP" sign-literally. Think of the features of the "STOP" sign every time you start worrying
4. **Progressive Muscle-Relaxation:** start from your toes, tighten all the muscles, hold for 5 seconds, then relax. Continue this all the way up your body all while taking slow deep breaths
5. **Exercise:** stress can often lead to snacking and snacking leads to weight gain. So to prevent this, next time you feel stressed, go exercise or just go for a brisk walk. It'll help keep those calories off, clear your mind, and it even releases endorphins!
6. **Laugh:** finally, take a break, go hang out with friends, have fun and laugh it up! Laughing results in the release of dopamine-your body's feel good chemical. Sometimes we just

need to learn to take a step back and enjoy life. (Health.com)

Think of school as your temporary self-run business and as a clock-cliché I know. If you don't take care of yourself, you will not run at your optimal level and if you don't do your best your business (education) will suffer (Stressmanagingtips.com). For more tips on managing stress and test anxiety, check out the **Stress Management** and the **Test Anxiety Workshops** coming this March (details are listed in the "Campus Events" section). I wish everyone the best of luck this semester.

Remember: "Aim for success, not perfection. Never give up your right to be wrong, because then you will lose the ability to learn new things and move forward with your life. Remember that fear always lurks behind perfectionism." – David M. Burns



From Paris with Love – Spring Gala

By Charles Tran

April is upon us, and like many students know, this month is when many events happen. Everything ranging from Maximus and the Student Leadership Awards to Dolphinpalooza and ASI Elections all of which have become yearly traditions (full listing of April's happenings listed below) at CI. One of these traditional events is Spring Gala! If you have never been to Spring Gala or never heard of it, picture your typical high school prom with everyone dressed in their best attire, but with FREE food and entertainment to let you dance the night away! What makes Spring Gala so exciting is the fact that each year, the CI students who live on campus and are involved in Residence Hall Association (RHA) vote on the theme they want the most. From there, RHA's Spring Gala committee gets together and hammers out the details of what food they will serve and what decorations their fellow CI students and guests will have the privilege of enjoying.

Although RHA remains the unsung heroes of this magnificent event, the appreciation and excitement of this event never goes unnoticed. This year, the theme that has been chosen is "From Paris with Love." Spring Gala will be held on **April 27 from 8:00 p.m. to 11:00 p.m.** - Remember, this is a formal event so wear your fanciest attire. If you want to help out with Spring Gala in anyway, contact RHA Director of Administrative Services and Spring Gala Committee Chair, Brittany Sproul at brittany.sproul278@csuci.edu.

Student Leadership Awards 2012

Wednesday, April 25, 2012
5:00 p.m. Salón A

Leaders are problem solvers
by talent, temperament, and by choice.
~ Harlan Cleveland

Questions? Contact Student Leadership Programs at (805) 437-3356.
Persons who, because of a special need or condition, would like to request an accommodation should contact Disability Resource Programs at (805) 437-3331 or email accommodations@csuci.edu as soon as possible, but no later than five business days before the event, so that appropriate arrangements can be made.



**Need to request a meeting room?
Get permission to chalk on campus?
Post a flyer?**

Visit our website with all
SO forms at <http://go.csuci.edu/studentorgforms>.

Of course you can always call us at (805) 437-3356
if you need help.

Student Organization Meetings

Adelante Mujer
Student Union 1080
Wednesdays
11:00 a.m. – 12:00 p.m.

Catholic Newman Club
Student Union 1080
Wednesdays
3:30 p.m. – 5:00 p.m.

CI College Republicans
Broome Library 1310
Wednesdays
7:00 p.m. – 8:00 p.m.

CI View Newspaper
Student Union 1080
Fridays
12:00 p.m. – 1:00 p.m.

Computer Science Club
Bell Tower 2372
Mondays
8:00 p.m. – 9:00 p.m.

El Club de Español
Broome Library 1710
Thursdays
7:00 p.m. - 9:00 p.m.

Green Generation Club
Student Union 1080
Tuesdays
4:00 p.m. – 5:00 p.m.

Island News
Student Union 1080
Wednesdays
9:00 p.m. – 10:00 p.m.

Japanimation Society
Broome Library 2360
Thursdays
6:00 p.m. - 9:00 pm

Kilusan Pilipino Club
Student Union 2023 – Meeting
Room B

Thursdays
7:00 p.m. – 9:00 p.m.

Latina Leadership Coalition
Student Union 1080
9:00 p.m. – 10:00 p.m.

Latter Day Saints Student Association
Broome Library 1350
Thursdays
1:00 p.m. - 2:30 p.m.

Male Leadership Alliance
Student Union 1080
Wednesdays
10:00 a.m. – 11 a.m. (Bi-Monthly)

M.E.Ch.A.
Student Union 1080
Tuesdays
2:00 p.m. - 4:00 p.m.

MVS Business Club
Student Union 1080
Mondays
7:00 p.m. – 8:00 p.m.

Nautical Yearbook
Student Union 2021 – Meeting
Room A
Tuesdays
3:00 p.m. - 4:00 p.m.

PSI CHI Honor Society
Broome Library 1710
Tuesdays
3:00 p.m. – 4:00 p.m. (Bi-Monthly)

Refuge Club (Campus Ministry)
Student Union 1080
Wednesdays
3:00 p.m. - 4:00 p.m. (General weekly meetings)
Student Union 2021
Tuesdays

7:00 p.m. – 10:00 p.m. (Men's weekly group)

Rotaract
Student Union 1080
Wednesdays
5:00 p.m. – 6:00 p.m.

Spectrum (LGBTIQS ALLIANCE)
Student Union 2023 – Meeting
Room B
Wednesdays
3:00 p.m. - 4:00 p.m.

Student Government
Student Union 1080
Thursdays
7:30 p.m. - 9:00 p.m.

Student Nurses Association
Broome Library 1710
Tuesdays
11:00 a.m. – 12:00 p.m.

Student Programming Board
Student Union 1080
Tuesdays
6:00 p.m. – 7:00 p.m.

USAWA
Student Union 1080
Mondays
4:30 p.m. - 6:00 p.m.

Zeta Pi Omega
Broome Library 2325
Mondays
9:00 p.m. – 10:00 p.m.

The meetings listed above are those from **registered** student organizations that submitted their meeting times to the SEAL Center through the Meeting Space Request Form or Spring Member Roster Update Form. If you feel that your meeting time should be listed here, please contact us at studentleadership@csuci.edu.