

# Hints and Tips for Adjusting to Our New Normal



## PROVOST'S MESSAGE

CALIFORNIA STATE UNIVERSITY LONG BEACH | OFFICE OF THE PROVOST

### Student edition

#### Health & Safety Tips at The Beach



Dr. Kimberly Fodran  
Chief of Medical Staff  
Student Health Services



Brian Jersky  
Provost and Senior Vice President

Provost Jersky discusses with Chief of Medical Staff, Dr. Kimberly Fodran the added benefits of wearing a mask

They share helpful tips on slowing the spread of COVID and discuss what CSULB is doing to keep the campus safe.

In this video, Provost Jersky meets with Bonnie Gasior to discuss mental health during this time.

They demonstrate breathing exercises, share resources for mental health support on-campus, and give tips on caring for your well being.

#### Caring For Your Mental Health in the Time of COVID-19



Bonnie Gasior  
Professor of Spanish  
Interim Director of the University Honors Program



Brian Jersky  
Provost and Senior Vice President



ASI President Omar Prudencio Gonzalez welcomes you to CSULB!

Watch his Convocation speech and hear more about his goals for ASI this academic year.

**Watch how students reflect on their pandemic experiences through photographs and narratives.** This was completed as part of the CSULB Photovoice Project.

Student **submissions are available for viewing online** at the Carolyn Campagna Kleefeld Contemporary Art Museum.



## GSRC WORKSHOPS & EVENTS



The Graduate Studies Resource Center (GSRC) is offering a number of **workshops and events** to help graduate students succeed.

**Workshops** topics include funding graduate studies, formatting a thesis and dissertation, navigating grad school as an underrepresented student, and more.

Download a workshop schedule **here**.

**The GradMentor Program** is a new program to help incoming graduate students get connected to campus. It's the perfect way to create connections, get involved during remote learning, and learn how to succeed.

Continuing graduate students can also sign up to become Grad Mentors, a year-long paid position to mentor incoming graduate students.

## CSULB GRADMENTOR PROGRAM



## CSULB TECHNOLOGY LOANS



In need of a laptop or internet access to aid in your classes and coursework?

The **Division of Student Affairs (DSA)** and **Information Technology** have created a new program to help provide laptops and hotspots to students in need.

Learn more about the program, request a laptop or hotspot, and **see if you qualify by filling out this request form.**

## COVID-19 RESOURCES FOR STUDENTS



**DIVISION OF STUDENT AFFAIRS**

Student Resources from the Division of Student Affairs

- A List of COVID-19 Resources**
- Resources for Undocumented Students**
- Equity and Inclusion Resource Guide**
- DSA Programs and Services**

CSULB Basic Needs Program & Resources

- [ASI Beach Pantry](#)
- [CalFresh Outreach Program](#)
- [Student Emergency Intervention and Wellness Program](#)



CALIFORNIA STATE UNIVERSITY

**LONG BEACH**

Academic Affairs

1250 Bellflower Boulevard  
Long Beach, CA 90840

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