



GERONTOLOGY

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Department of Family and Consumer Sciences

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Top: Small Group Brainstorm

Bottom: Hands-on activity with aging simulation suits



Fashion Design and Marketing to the “Experienced Consumer”

By: Dr. Maria Claver

The Gerontology Program is partnering with Dr. Jung Mee Mun from FMD to encourage fashion design and marketing students to consider the “experienced consumer,” which refers to consumers over the age of 65 years. Experienced consumers have higher spending and more accumulated wealth than other age groups, which is causing some (savvy) companies to rethink the way they target this group in their design and marketing efforts. Experienced consumers do not want to be treated like “old people.” They want appropriate, innovative and well-designed products, including clothing.

The workshop started with a brief presentation by Dr. Claver, Director of the Gerontology Program, about today’s older population. Students then experienced, with the use of aging simulation suits, the physical changes that may accompany aging as described in the lecture. They were asked to put on various clothing items (e.g., button up shirt, dress with a zipper in the back, lace-up shoes) while wearing components of the aging simulation suits.

Small groups of students then brainstormed about how they might market to or design for older adult consumers, taking into consideration both the physical changes that might accompany aging as well as the needs and desires of a growing experienced consumer population. They presented their top three ideas to the class, which ranged from creating an “intergenerational” clothing line that would be appropriate for all ages, to the use of technology rather than buttons and snaps, to featuring older adult style icons such as Baddie Winkle in fashion marketing for any age consumer.

Prior to the presentation, students admitted that they gave little consideration to the experienced consumer segment of the population when planning design and marketing strategies. The workshop resulted in creative and innovative design and marketing ideas for older adults. The completion of this workshop also provided students with a new perspective about the experienced market and encouraged them to consider these consumers in their future careers as fashion designers and business people in the field of fashion.



Gerontology- My Inspiration

By: Debra Bein

Nana, oh Nana

Where did you get your lifespan

Am I lucky too?

How can you not be inspired by a grandmother who lived to 107 ½, nearly all of those years spent as an active, alive person? Nana has given me a keen perspective into an extremely positive outlook about aging; we rarely see aging portrayed this way in textbooks or in the real world. She always used to say that “age is only a number” and now I see through my studies that Nana was right.

She was a warm, lovely woman. Always busy, she played Scrabble for decades, and at 99 came in second in a local tournament. Nana played cards, word games, exercised at the health room, and had the gift of gab just as she had a gift for Scrabble. The men at the facility liked her too, but her response was always the same; the one man she married was her first and only love and was not interested in anybody else.

Oh, she wasn't perfect. She wasn't svelte and was always concerned about her weight, even at 102 when she went to her doctor for a checkup and when asked to go on a scale, she said: “Do I have to?” So my parents watched out for her psychological health and used to remove the size label from any pants or blouse they'd buy. This seemed keep her happy and thin in her mind, which was important.

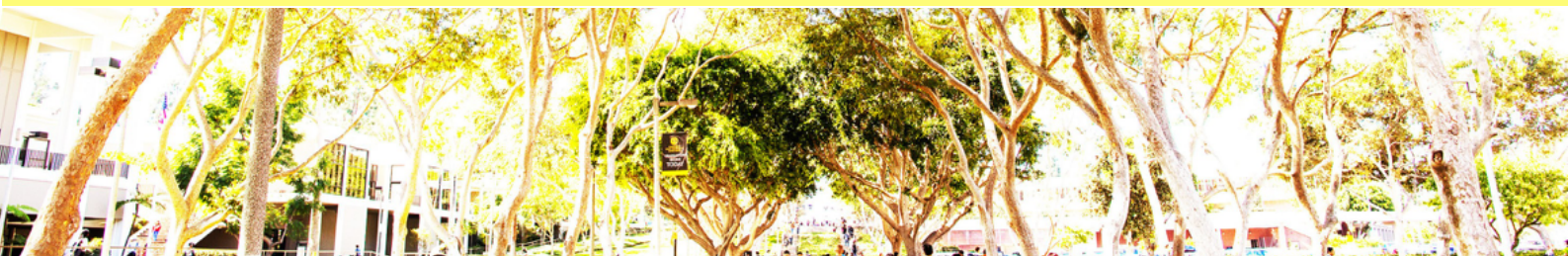
And then there's the subject of physical health. Yes, she dutifully took her blood pressure medication with the daily reminders from my father (her son) but she had certain limits about food. When told the broccoli on her plate was good for her, her response was: “You know, just because it's healthy doesn't mean it tastes good!”

At 105, Nana's health began to deteriorate. Her body and mind slowed down, leading my dad to move her from her own apartment to a nursing home. Despite this move, my grandmother continued to age with grace.

There were moments of lucidity such as when my parents brought her a birthday cake at age 107 and when told it was the same cake she had at 106, she immediately responded: “You mean the cake is a year old?”

I saw my own aging father as a beautiful caregiver for his mother. It also helped me to be more cognizant of my own parents' aging process and the importance of treating them with the same love and respect my dad had shown for his mother.

It wasn't until a few years after her death that I became fascinated with what a long life she had and how she had lived so long. I also started working with dementia patients and realized how fortunate my grandmother was, especially in demonstrating how beautiful and positive the aging process can be. You need to be relatively healthy, treat others with love, allow yourself to be loved and continue to socialize every day. With the eyes of Nana on me and my wonderful classes on aging, I've learned that the aging process doesn't always have a poor outcome. I'm hoping for a little luck from the Genetic Gods that I can be a centenarian Scrabble champion too!



Alumni Corner



Cynthia Schlesinger, MSG
Class of 1997 at CSULB

Wow! I can't believe it's been 20 years since I graduated from the first Master of Science in Gerontology class at CSULB (I even won outstanding Thesis of the Year, Dean's Award and others). It was 1997 and I had just finished my internship in the Geriatric Education, Research, & Clinical Center (GRECC) department at the VA Greater Los Angeles Healthcare System. Luckily for me, I applied and was offered the Geriatric Education Specialist position on a permanent basis after graduation. I oversaw and provided age-related training and coordinated aging conferences to over 6000 employees and over 2000 clinical students. I developed local and national training material for VAs across the country, as well as collaborated with local and state government agencies. I worked with LA County Commission on Aging and joined task forces on Senior Fraud, fall prevention, Alzheimer's Disease, as well as coordinating VA outreach and speakers for the LA County Senior Health Fairs. A year after graduation I began teaching Gerontology courses at CSULB, and then a few years later I also started teaching at CSU, Northridge concentrating on Successful Aging and Retirement Issues. It was exciting to motivate young minds at the university about aging. While I was working in Geriatrics at the VA, I worked closely with our hospital-wide education department. This was a perfect fit for a Gerontologist since the average age of our workforce is over 50 years of age. I assisted in developing a new Workforce Development Department and then eventually moved positions to become an Education Specialist for the entire hospital. In this position, I am able to spearhead the financial literacy delivery for employees by working closely with our retirement department, as well as being a strong proponent for promoting Older Americans Month to the entire hospital. On a day to day basis, I manage the facility career center and encourage our employees to venture out and start new opportunities after retirement. My outlook is that you are never too old to learn something new, to start a new adventure or to reinvent yourself. In addition to working at the VA, I am still teaching at CSULB & CSUN and currently active in many aging and consumer organizations across the country. The field of Aging offers so many opportunities and I am looking forward to a long career helping older adults in Southern California.

This year marks the 20th anniversary of Pamela Mokler's graduation from CSULB with a Master of Science degree in Gerontology. In 2003, the Alumni Association honored her with the Distinguished Alumna Award from the School of Health and Human Services.

Since graduating from CSULB, Pam has worked on many sides of the elder care continuum. After consulting with SCAN Health Plan immediately following graduation, she founded a senior housing business that provided Service Coordination for low-income elders and people with disabilities, and helped create service-enriched senior affordable housing communities to enable residents to continue to age in place. She then served as Executive Director of the County of Orange Office on Aging (2000-2003) and has spent the past 14 years as a managed health plan executive and consultant, focused on building bridges between health care, the Aging and Disability Networks and the senior housing industry.

Since 2012, as Vice President of Long Term Services & Supports (LTSS) for Care1st Health Plan, an affiliate of Blue Shield of California, Pam has been responsible to integrate LTSS, including long term care (LTC), into the health plan in Los Angeles and San Diego counties as part of the California Coordinated Care Initiative (CCI) and Cal MediConnect duals demonstration.

Pam has led several innovative Pilots, including (1) an Integrated Care Management Pilot with the Area Agency on Aging (AAA) in Maricopa County, AZ (2010), that demonstrated significant cost savings of home and community-based services (HCBS) on medical costs when provided prior to becoming nursing home certifiable, and (2) a Pilot with Access to Independence, the Independent Living Center (ILC) in San Diego County, to assist homeless health plan members with disabilities (2013). Forty-five (45%) of the Pilot participants were placed into housing and received much needed medical care and supportive services. (3) In 2015, Pam became responsible for the health plan members who were institutionalized in LTC facilities and formed a partnership with the LTC Ombudsman in Los Angeles County to ensure the rights of the health plan's institutionalized members were protected. Through these and other interventions, she and her team helped reduce institutionalization approximately 32% in one year – from 2015 to 2016.

Pamela currently lives in Belmont Shore, and recently reopened her consulting practice to continue the important work of integrating our fragmented systems of care for our elders and people with disabilities.



Pamela Mokler, MSG
Class of 1997 at CSULB

Graduating Students

In Spring 2017 alone, we celebrate the graduation of 10 gerontology certificate students from a variety of majors including Human Development, Social Work and Health Science Community Health Education. We also congratulate eleven students that will graduate with a minor in gerontology. Our GERN minor students also come from a variety of majors including FCS Child Development and Family Studies, Human Development, and Health Science Community Health Education.

We are very proud of three Masters in Gerontology Students that graduated in Spring 2017. **Amber Julian** completed a thesis titled, "Guided Autobiography Themes for Older Adult Veterans" in which she conducted focus groups to explore veteran-specific themes that could enhance the Guided Autobiography format developed by Dr. James Birren. **Debra Johnson Gorman** completed a directed project titled, "Dementia and the Dental Patient: Dementia Training for Dental Professionals." A dental professional herself, she addressed a vital need in the field to more effectively care for the dental needs of older adults with dementia. **Miriam Henan** completed an evaluation of a curriculum, "Healthy Aging," she herself developed for older adults residing in long-term care facilities. Her thesis, "An Assessment of the 'Healthy Aging' Curriculum for Older Adults," found that completion of the curriculum increased older adult students' knowledge about aging and improved attitudes about one's own aging, and led to the intent to engage in healthy behaviors.

We would also like to congratulate two deserving students that were awarded scholarships this semester. **Lauren Gelgur** received one of two Long Beach Cares Scholarships, open to students from any department on campus studying aging. **Julia Hodgdon**, working on a Gerontology Minor, was awarded the Gerontology Program scholarship.

Alumni Recognition

Congratulations to MSG alumnae, Gerontology Program lecturer, and current doctoral student at Loma Linda University, **Lisa Lares**. She was recently named a Chancellor Doctoral Incentive Program (CDIP) Scholar. CDIP "aims to increase the number of individuals who demonstrate potential as doctoral students and who may be interested in applying for future CSU instructional faculty positions. The Chancellor's Doctoral Incentive loan is \$10,000 per year for three years and forgivable for those with full- or part-time teaching appointments at a CSU campus" (<http://web.csulb.edu/divisions/aa/grad/assistance/cdip.html>).

On Wednesday, May 3, 2017, one of our Gerontology certificate student alumnae, **Kendra Brooks**, was initiated into Phi Beta Kappa, "America's most prestigious honor society, celebrating excellence in the liberal arts and sciences since 1776." Kendra will move on to dental school at UCLA in the fall. Congratulations, Kendra!



Photo of Dr. Maria Claver and Kendra Brooks

Awards

The Gerontology Program would like to congratulate several stellar graduating students for earning awards to honor their achievements:

Miriam Henan, MS – Graduate Dean's List of University Scholars and Artists

Melissa Pizano, MS – Graduate Student Honors

Noelle Bringmann, MS - Department of Family and Consumer Sciences Outstanding Project Award

Kyla Artigo (GERN Certificate) – Outstanding Student Citation

Cynthia Escarcega-Calderon (GERN Certificate) – Outstanding Student Citation

Amanda Paiz (GERN Certificate) - Outstanding Student Citation

Alexandra Wilkinson (GERN Certificate) - Outstanding Student Citation





Before I Die Event Organized by Gerontology Certificate Student

By: Caitlin Shea

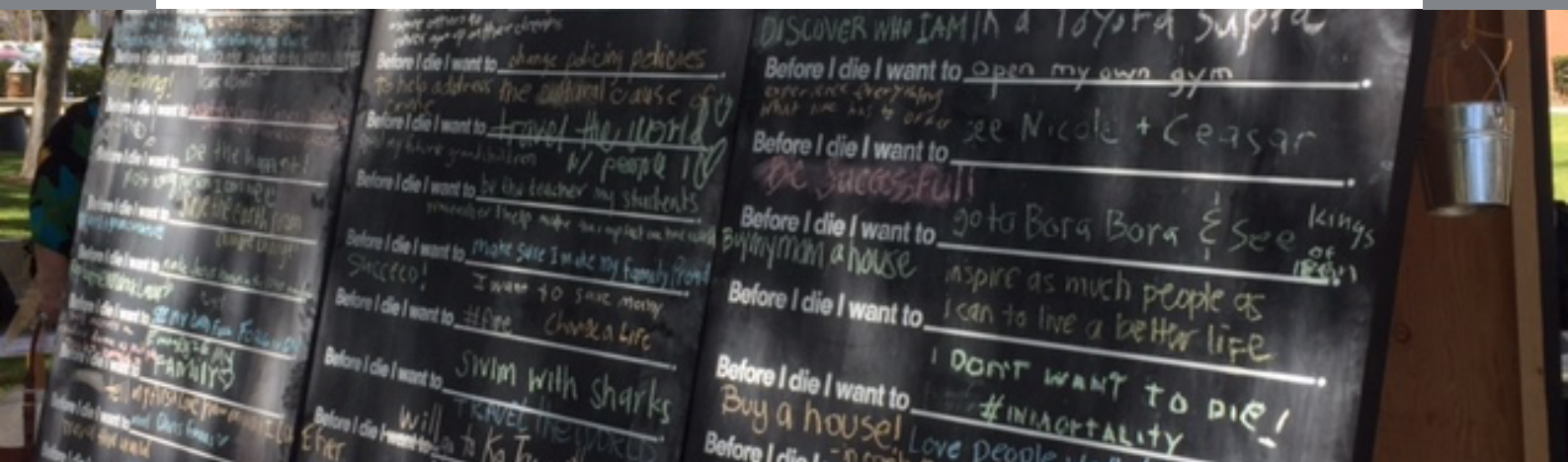
#beforeidie is a project initiated by artist Candy Chang, who transformed the side of an abandoned building in post-Katrina New Orleans as a place where people could share their life reflections. This semester, Gerontology Certificate student Caitlin Shea, as part of her internship with St. Joseph Health Home Care Services (which includes hospice), organized a Before I Die event on the CSULB campus. With the support of her supervisor, Suzanne Engelder, and the CSU Institute for Palliative Care Faculty Director (and Nursing Faculty), Dr. Joy Goebel, Caitlin set up the Before I Die wall in three campus locations over three days. This is her reflection about the event:

The Before I Die event that was held on campus from April 25th through the 27th far exceeded my expectations. The vision for this project was to bring students and faculty together as a community to reflect on their aspirations and goals in life, and this project did exactly that. The wall represented a place where students could not only reflect and display what it is they truly want or aspire to do in life, but it also represented a place where they could see that they are not alone and that there are others out there with similar aspirations or goals. To see so many students taking the time to stop and truly think about what it is that they want to "do before they die" was incredible. We as students tend to focus on the "here and now" and "what's next?", but setting school and work aside, what we should be stopping and thinking about is, what it is that we truly want to do "before we die."

Gerontology undergraduate courses triple!

By: Casey Goeller

With the addition of the Minor in Gerontology, two new courses have been added to the catalogue; Gerontology 200, the Journey of Aging, and Gerontology 401, Human Aging. Gerontology 200 has doubled its enrollment within two semesters, and we have approximately 40 students who now are minoring in our field. Exciting things are happening in Gerontology 400 as well. In the Fall semester of 2017, Gern 400 will be offered for the first time as an Honors Section, which is also the first time an Honors course has been offered in the hybrid format. The online version of Gerontology 400 will be submitted for the CSU Quality Online Learning and Teaching (QOLT) certification. This course is expected to join a handful of courses within the entire CSU with this distinction. Elena Ionescu will be the instructor who will see this through. The QOLT rubric was developed to assist faculty to more effectively design and deliver online and blended courses. The rubric contains 54 objectives, with 4 additional objectives for mobile platforms. This rubric is loosely based on the Quality Matters (QM) rubric, which is recognized nationally. We are excited about these developments and look for more success stories in the near future.



California Council on Gerontology and Geriatrics Annual Meeting

By: Dr. Maria Claver

On Friday, April 28, 2017 almost 125 gerontologists (faculty, students and community service/business professionals) gathered at CSULB to network, present their research, and discuss current issues regarding aging. Eight faculty participated as speakers or poster presenters/co-authors and 9 students presented posters as first authors and a number of other students as co-authors from CSULB. With a theme of "Rethinking Aging: A New Age, a New Opportunity," we heard about topics such as Purposeful Aging LA from General Manager of the LA Department of Aging, Laura Trejo, who updated us about the five-year process to make Los Angeles County more livable for older adults and those with disabilities. Several experts in the field discussed the Village Movement, which is a movement that embraces innovation by combining the best new ideas in community-minded living, volunteerism, person control and person-centered focus to create "the new face of aging." Susie Fishenfeld, RN, MSN from LA Jewish Home/Brandman Centers for Senior Care discussed the Program for All-Inclusive Care for the Elderly (PACE). We then learned about the work of documentary filmmakers Heidi Rataj and Theresa Hoiles, who described the Re'Flect series about diverse older adults. After a networking lunch and poster session, during which 18 CSULB students and faculty members presented their work, CCGG held a brief business meeting where board members were introduced. CSULB's Dr. Maria Claver is the new CCGG Secretary and Elena Ionescu is a returning Member-at-Large. Elena Ionescu was also announced as the Betty and James E. Birren Emerging Leadership Award recipient for her excellence in teaching, research and service. CSULB Gerontology MS Program alumnae Lisa Lares, who is a current doctoral student at Loma Linda University, received the David A. Peterson Student Achievement Award. The third award, the Betty and James E. Birren Senior Scholar Award, was presented to Catherine Bacus, Associate Professor at Chaffey College.

The afternoon sessions included a discussion about palliative care and an introduction to the CSU Institute for Palliative Care, directed by CSULB Nursing faculty member, Dr. Joy Goebel. We then shifted to politics with updates from CCGG Vice President and CA State Long Term Care Ombudsman Joseph Rodrigues. Gretchen Alkema from SCAN discussed American perceptions of aging well and encouraged us to think about new directions for aging well. She challenged the characterization of aging as a "tsunami," but instead proposed that we think about how to shift perceptions to match the reality of aging. The meeting wrapped with a presentation by two members of the CA Senior Legislature, who described legislation successfully passed that affects older adults and legislation to look out for. Luis, one of the Senior Legislators, spoke about starring in the Re'Flect documentary.

Students attending the CCGG meeting were able to experience the power of spending the day among fellow gerontologists who are making a difference for California's older adult population. CCGG Student Ambassadors identified an overarching meeting theme of collaboration, reiterating Laura Trejo's call to be support systems for each other, to advocate for each other and to be a collective voice. One of the Student Ambassadors said CCGG should aim to promote more community involvement and that the call to action applies to all of us, regardless of how much experience we have.



Photo of Gerontology Students and Staff at CSULB



Yes We Can: Campus-Community Partnerships for an Aging Society

By: Dr. Tara Gruenewald

April was a busy month for gerontology on the CSULB campus with a number of conferences and meetings where aging was a core theme. A highlight for the College of Health and Human Services (CHHS) was the *Optimizing Collective Impact: Innovations in University and Community Partnerships* roundtable event on April 21st. This event was designed to bring together members of the university and the Long Beach communities to identify areas of potential collaboration in addressing important societal needs. Roundtable discussions centered on four themes: aging, health disparities, homelessness, and clinical care and clinical services. We were thrilled that 7 of the 24 tables were devoted to roundtable discussions of potential university-community collaborations in addressing the needs and opportunities of our aging society! Across the 7 roundtable discussions, 23 CSULB faculty and staff members and 31 members of community organizations discussed pressing concerns related to aging in the community and potential solutions that might come from university-community collaborations. A diverse group of community stakeholders participated, including members of SCAN Health Plan, the Archstone Foundation, Goldstar Manor, Long Beach Memorial Hospital, Meals on Wheels, Heart of Ida, the City of Long Beach Department of Health and Human Services, the Los Angeles County Consumer Affairs Department, Kaiser Permanente, Linc Housing, Century Villages at Cabrillo, St. Mary's Medical Center, and the Arthritis Foundation, among others. A CSULB faculty team led by Gerontology faculty member, Tara Gruenewald, will soon be synthesizing the ideas generated during roundtable discussions in a white paper that will be shared with participants and the general public. The roundtable is the first of a series of efforts to promote university and community collaborations in addressing society's great challenges, and linked opportunities. We look forward to many more roundtables and collaborations in the future.



Gerontology Program Director, Maria Claver, strategizes with members of the CSULB faculty and aging service community.



Gerontology Instructor, Elena Ionescu, and other members of CSULB and the surrounding community identify important aging-related needs.

Other News...

Gerontology Certificate student (and Design major) **Kari Tropp** has won the Carole Eichen Endowed Scholarship in Interior Architecture for outstanding ability, skill and potential. We send her a hearty congratulations!

Lauren Gelgur and **Rose Tran**, two Gerontology Master's students, were inducted into Phi Kappa Phi on Sunday, May 7, 2017. Phi Kappa Phi honors those students who are in the top 10% of their class. Congratulations!

Advocacy for Action: Building Support for CSULB Caregivers

By: LaTosha Davis, Johnathan Granados, Anne Lam, Linda Mccollom, Kari Mahgerefteh Tropp, and Lynelle Walker

The U.S. is facing a caregiving crisis. It is estimated that 10,000 people are turning 65 each day and many will require assistance from a family caregiver. According to data from the American Association of Retired Persons (AARP), in California, there are approximately 4.5 million family caregivers who provide care to loved ones. The stress of family caregiving is enormous and many caregivers neglect their own physical and mental health. Caregivers need support to help them remain healthy while providing care for loved ones.

All segments of our society are touched by this phenomenon, so it is not surprising that families have acknowledged the necessity to take the primary role in caregiving for aging family members. The expectation is high among these adult children that even if currently no assistance is required from them, that someday it will be needed. According to the Bureau of Labor Statistics, many (61%) of these care providers hold regular jobs and it often presents a real challenge to balance personal responsibilities with caregiving commitments. The demands and stress experienced by caregivers often result in burnout. Raising awareness to potential pitfalls and the importance of self-care are vital to the holistic well-being of these caregivers. Members of the Spring 2017 class for Gerontology 550: Social Policy and Aging with Dr. Claver, took steps to reach out to caregivers on campus and raise awareness about the importance of Self-Care for Caregivers.

Advocacy is the key factor in making positive changes in our community. There are several ways to advocate: personal, media, and legislative. Speaking up to tell your personal story can make an impact about the issues surrounding caregiver support. Using social media, letters, interviews and other modes of communication raises public awareness. Lastly, it's crucial to reach out to each of the elected officials at the local, state or federal levels, in order to educate them and influence their support for caregiver resources.

Several students from our class took initiative by contacting and gathering resources from various organizations that serve the older adult population. The information and resources were used to inform the CSULB community on caregiving needs. Students from our class volunteered and had a table set up to help distribute resources during the annual "Wellness Week" held by the College of Health and Human Services at CSULB. The objective was to reach out to school personnel and students that may be in need of such resources, since many of them unknowingly will become caregivers themselves. The table organizers stated that many people had not thought about their future caregiving responsibilities thoroughly yet, and were unaware of the resources available for them. Meanwhile, the high number of students that are currently caregivers for a grandparent surprised organizers. Overall, the event was a success as we were able to advocate for the issue and provide caregiving resources to help support the CSULB community.

The key to success in providing caregiver support is to advocate for resources. We believe it is imperative to have a location on our college campus that provides information and resources about caregiving so that our CSULB faculty and staff members are well-equipped with appropriate caregiving resources and tools. In order to advocate for the issue on a larger scale, a briefing memo was created about the topic of Caregiving Resources for College Communities, which will be sent to members of Congress and university leadership in the near future. Several of our classmates attended the California Council on Gerontology & Geriatrics conference to present our poster on Advocacy Into Action: Caregiving Resources at CSULB. We also created a website: <http://caregivingresource.wixsite.com/csulb> that is simple and convenient for CSULB community to get more information about caregiver support and end-of-life preparation.

Most caregivers are not equipped to take up roles in caregiving and feel ill- prepared for the commitment. Advocacy efforts during Wellness Week revealed that many people have not considered their possible roles as caregivers. Although there may be 4.5 million caregivers in California alone, more caregivers that are well-equipped with tools for providing care and for self-care will be needed to care for the multiplying numbers of older adults. This is why it is important to continue various advocacy efforts in future semesters. Students and faculty need to be aware of the resources that are readily available through various sites and our department to assist them in fulfilling caregiving commitments. For those that are not informed about the issue of caregiving, it is our responsibility to educate them about the possibility that they may become a caregiver in the future; therefore they should have the proper tools to be ready for when that time comes.

Earning a Degree is more Than Going to Class... Getting Involved Really Matters!

By: Elena Ionescu, SPO Delta Eta Chapter Advisor

I have been fortunate enough to be a college and grad student here at CSULB, and understand what it takes to earn your degrees. As students we are busy and such a statement is a non-contested fact! Between classes, work, homework, family, and other commitments, there can be a lot to balance. We are taught to define professional goals and advised to find purpose in life by discovering our niche within the passion we have for Gerontology.

Besides understanding the compromises one student must make to earn a degree, I have been given a chance to see the students' academic journey from the other side of the barricade. Therefore, this time I decided to take a different approach to telling you about our Gerontology Honor Society and I'm inviting you to consider joining us or becoming involved with the events we organize.

So why would I suggest you add another thing to your student life list by being a Sigma Phi Omega - Delta Eta Chapter member? Because being involved with an honor student organization can impact your career and student experience in a hugely positive way.

Take a look below and find seven reasons why, as a student and/or professional, you should consider joining us:

1. You'll learn more about yourself and how to work with a team. Joining our honor society presents many opportunities to learn more about yourself, your goals, and your strengths. You can also find out what you're good at, whether that's multitasking, staying organized, generating ideas, or serving others. This self-awareness will be beneficial in your future career. Plus, you will strengthen your teamwork skills, which are essential for any job you'll land.
2. Know your community resources and get connected. CSULB, Long Beach City, and Los Angeles County are all full of resources to help you succeed, but it is your responsibility to take advantage of them! Getting involved with us connects you with students, advisors, and mentors who have a knowledge base of programs to give you the extra help you may need.
3. Figure out what you're good at! We have different community service options and academic activities. Find where your passions are, enhance your CSULB experience. Don't be afraid to try something new! Once you take the first step of involvement, it inevitably leads to more open doors and bigger opportunities.
4. Bedazzle your resume. I get it; you're here to get a degree that will prepare you to land that job that will allow you to provide for yourself and your family. What is going to make you more attractive as an applicant for that job with the perfect employer? A good GPA gets you only so far, especially when others applying for the same job have a similar or better GPA. Our honor society allows you to enhance your experience in the gerontological field. We have the environment to help you develop leadership skills, practice communication skills, learn time management, gain budget experience, supervise other students and much more. Let's face it, you need real world out-of-the-classroom experience, and that's what you'll gain by getting involved with SPO.
5. Get better grades and graduate sooner. Research suggests students who are involved in student organizations and campus activities have a better GPA, graduate sooner and have a better college experience. Theories of involvement and quality of effort posit that student engagement in academic activities is critical to success. Several studies found that higher levels of engagement in a variety of curricular and cocurricular activities significantly contribute to cumulative GPA and students' perception of the overall academic experience (Pascarella & Terenzini, 2005; Pike, Kuh, & Massa-McKinley, 2008; Zhao, & Kuh, 2004).
6. Be exposed to networking opportunities. You've heard it many times: Who you know is in many instances more important than what you know. The Gerontology field is, for the moment, quite small. So, start building your network right away! Get in the habit of meeting new people, nourishing your relationships, and helping others by making introductions. Attending conferences, meetings, or events provide you the opportunity to make connections and build relationships that could help down the line when you're looking for a job.
7. Enjoy the journey and give back to your community! You'll always have the opportunity to return to school to finish or advance your education later in life, but you'll never have the chance to have the traditional college experience. The most rewarding aspect of being a co-curricular involved student is that you get to give back to our communities through fun events such as charity drives, study sessions, community lectures, and so on. This component adds immense value to the learning experience and your collegiate adventure.

How to join us and get involved?

- Meet the eligibility requirements:
 - o If you are a graduate student, your GPA must be at least a 3.5
 - o If you are an undergraduate student, you'll need at least a 3.3 GPA.

For all SPO adhering student members, you must be enrolled in your second semester or later of our gerontology program.

- Get in touch with SPO Delta Eta Chapter by emailing us at spo.gahps@gmail.com or contact the SPO Delta Eta Chapter Advisor at Elena.Ionescu@csulb.edu

Go Beach Beach Beach Beach Beach



Attention Alumni! Want to Stay Connected with CSULB? Here's How!

Seeking Gerontology Alumni! We are building a new database using Member Planet. If you have received an invite to join, please accept it! If not, please contact Graduate Assistant Lauren Gelgur (Lauren.Gelgur@student.csulb.edu) so she can follow up. We will use this to send out information about jobs, events, and other relevant news. We also welcome your updates for inclusion in our next newsletter (we publish two per year). Our alumni are important to us, so please keep in touch!

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