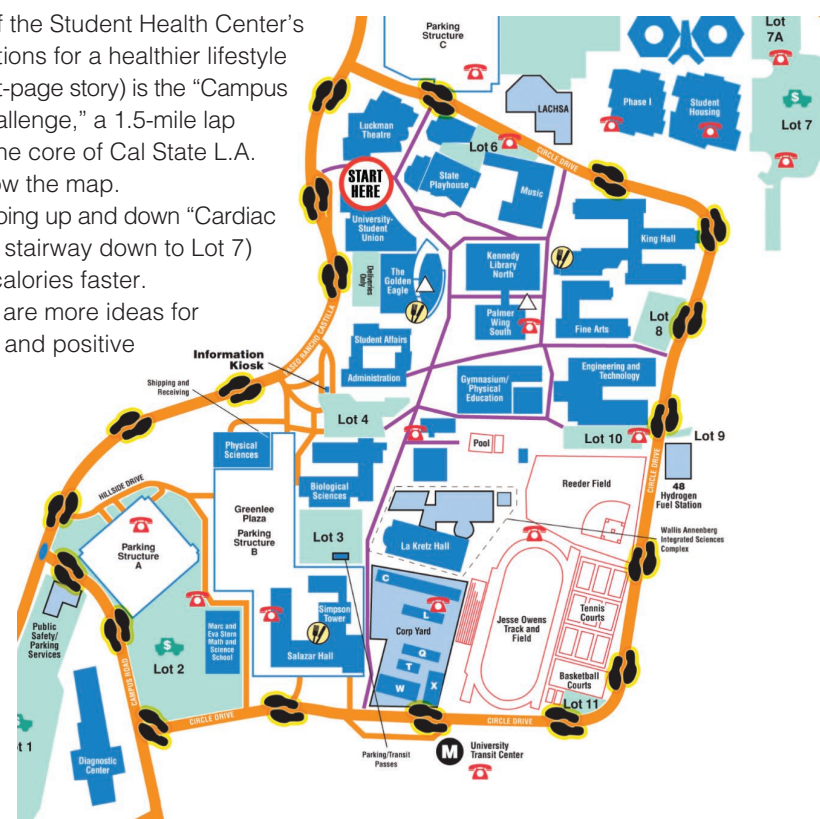


Take the Campus Walk Challenge

One of the Student Health Center's prescriptions for a healthier lifestyle (see front-page story) is the "Campus Walk Challenge," a 1.5-mile lap around the core of Cal State L.A. Just follow the map.

Add going up and down "Cardiac Hill" (the stairway down to Lot 7) to burn calories faster.

Below are more ideas for exercise and positive eating.



Exercise

Calories burned per hour:

- Walking (280)
- Walking Cardiac Hill (586)
- Jogging/running (572)
- Basketball (797)
- Swimming (572)
- Volleyball (317)
- Tennis (442)
- Judo (460)
- Soccer (730)
- Weight lifting (440)

Eat Right

Quick tips to jump-start a healthier diet:

- Make half your grains whole
- Vary your veggies
- Focus on fruit
- Get your calcium rich foods
- Go lean with protein
- Find your balance between food and physical activity
- Keep food safe to eat

(Source: mypyramid.gov)

Stern MASS (continued from front page)

complete their practicum assignments by providing counseling services for Stern MASS students over a ten-week period. **Paul Narguizian** (*Biological Sciences*), acting director of the University's Center for Science and Math Education, and **James Rudd** (*Chemistry and Biochemistry*) have teamed up to coordinate professional development workshops for Stern MASS teachers on project-based learning.

Both Falvey and **James Henderson** (*dean, College of Natural and Social Sciences*) are exploring with Stern MASS Principal Derrick Chau further collaborations that will prepare Stern MASS students for success in a four-

year university upon high school graduation.

Being on campus allows Stern MASS teachers to enroll in CSULA graduate or credential programs—and four of the teachers are CSULA alumni.

Several CSULA staff members have also taken advantage of having a promising public charter school in the campus's midst. **Rosa Chavez's** (*Student Affairs*) son and **Gilbert Garcia's** (*Academic Affairs*) daughter are enrolled at Stern MASS, and **Liz Encinas's** (*Student Financial Aid*) granddaughter is accepted for enrollment this fall.

For more about Stern MASS, call (323) 987-2144 or go to www.sternmass.org.

New online: photo album, 6 students' 'Inside Look'

Six Cal State L.A. students—Claire, 19; John, 26; Sandra, 28; Brittany, 19; Justin, 20; and Brenda, 33—are giving prospective students and others an "Inside Look" at the University's excellence and diversity.

Recently launched by Public Affairs, "Inside Look" offers an online video profiling a student from each of the University's six Colleges—showcasing their opportunities to learn, explore, create, discover and achieve. To view them, follow the "Inside Look" link at www.calstatela.edu or www.calstatela.edu/univ/ppa/publicat/insidelook.

Public Affairs also unveiled an online archive of images for use by the campus community. To explore it, visit www.calstatela.spitfirephoto.com. (Note: Before downloading images, you must register for an account and submit a request.)

For more details, call ext. 3-3050.

Doctorate here next fall: Educational leadership

The Charter College of Education is accepting applications for its new independent Ed.D. program in educational leadership, planned to begin in fall 2009 (pending approval from the Western Association of Schools and College and the CSU Chancellor's office). The program was authorized by the California Legislature to respond to the urgent need for well-prepared administrators to lead California's public schools and community colleges.

For details, call ext. 3-4330, or go to www.calstatela.edu/edd.



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The Campus Community Newsletter
www.calstatela.edu/UniversityReports
Winter 2009



L-r: Mary Falvey, dean, Charter College of Education; Derrick Chau, principal, Stern MASS; and James Henderson, dean, College of Natural and Social Sciences.

Alliance+CSULA=Stern MASS

Dedication for new on-campus high school March 26

The formula is unique: blend the commitment, expertise and energy of a public charter high school with those of Cal State L.A. to elevate student achievement in science and math. Bring them together in a permanent high-school facility—a neighborhood school, not a magnet school—on the University campus. After the preliminary academic catalysis, building construction, and subsequent positive reactions, the result is Stern MASS.

Formally, it is the new Marc and Eva Stern Math and Science School (Stern MASS), and it will be officially dedicated Thursday, March 26, with a 10 a.m. ceremony. The product of a partnership between Cal State L.A. and the Alliance for College-Ready Public Schools, Stern MASS is the first charter high school on a CSU campus in Southern California. Its enrollment is about 98 percent Latino/a. Next year's enrollment, which will complete a buildup of a ninth-through 12th-grade student body, will be around 500 students.

The 34,000-square-foot facility, built in Parking Lot 2, features 22 classrooms, four science labs, a multi-purpose room and a library. It also houses Cal State L.A.'s Professional Development Center, wherein CSULA faculty members and Stern MASS and other Los Angeles Unified School District (LAUSD) teachers can gather to explore best practices and critical issues to K-12 schools.

According to **Mary Falvey** (*dean, Charter College of Education*), a community liaison on the Stern MASS Advisory Committee, "The association is much more than geographic. Our faculty members are playing an academic role in the lives of the Stern MASS students, with the goal of increasing the number of underserved students who pursue advanced degrees in the sciences."

There are already significant positive results: student performance on the 2007 California Standards Tests earned an Academic Performance Index score of 718—making Stern MASS one of the highest performing open-enrollment high schools in LAUSD. About 90 percent of its 10th-grade students passed the California High School Exit Exam on their first try.

Faculty members from the Charter College of Education and the College of Natural and Social Sciences have already begun collaborations. For example, last spring, **Kathryn Reilly** (*Special Education and Counseling*) arranged for CSULA school counseling students to

(continued on back page)

Get healthier, step by step

SHC offers 1.5-mile campus walk

If stale New Year's resolutions are breaking too easily, consider an eternally fresh approach.

According to senior health educator **Joanna Gaspar** (*Student Health Center*),

"A healthy lifestyle can be achieved by maintaining a balanced diet, getting adequate sleep, being physically active, and staying away from drugs and alcohol."



Health educator **Jeri Landon** (*SHC*) said, "A healthy style will help lower your risk of getting sick, provide you more energy, improve your sense of well-being, assist in dealing with stress, and more."

Last month, the SHC, in collaboration with the Student Health Advisory Committee launched a Campus Walk Challenge, open to all walkers Mondays and Wednesdays at noon and Fridays at 9 a.m.

[See back page for walking map, tips.](#)

Gaspar and Landon also recently led students, faculty and staff on a walking tour of the campus eateries, teaching them about healthy food choices along the way. The food tour also focused on how to determine a recommended daily caloric intake.

Though primarily for students, the SHC also has resources and services for faculty and staff. It offers literature, displays, food models, videos/DVDs and posters on a variety of health topics. For reasonable fees, it also offers flu shots, acupuncture services, massage therapy, an optometry clinic, and more.

For more about Health Promotion and Education Center activities, call ext. 3-3340 or visit www.calstatela.edu/univ/hlth_ctr/hlthpro_09/hpec_events.php.



Revelry, music spark U-SU's opening

Campus's south side welcomes new University Café

With more than 500 revelers on hand Jan. 9, the campus celebrated the grand opening of the University-Student Union. The event kicked off with entertainment by the Mariachi Divas. The highlight of the evening was the free outdoor concert featuring Grammy-nominated hip-hop artist Estelle.

Also, the south side of campus has a new oasis with

the opening of the University Café on the first floor of Salazar Hall Thursday, Jan. 29. With wireless Internet connection and a spacious dining area, the new café/convenience store offers coffee, soft drinks, bottled water, chips, sandwiches, and hot meals (prepared daily by the University Club). The café is open Monday-Friday, 7:30 a.m.-6:30 p.m.

Congratulations!

WesternU links for health care

Cal State L.A. is partnering with Western University of Health Sciences to bring greater diversity to the health professions. Officials from the two universities signed a linkage agreement last fall that will shepherd selected Cal State L.A. students through their undergraduate education and into health professions programs at WesternU.

"Students will learn about the linkage program as entering freshmen and they will be able to apply to the program at the end of their sophomore year," said **Robert Nissen** (*Biological Sciences*), who advises pre-health students. The program, to be launched later this year, will also accept applications from junior transfers.

IMPACT LA fellows teach tech

Cal State L.A. was recently awarded a five-year \$3 million grant from the National Science Foundation to support the University's IMPACT LA (Improving Minority Partnerships and Access through Computer/Information Science/Engineering-related Teaching) program. As a result of the grant, three graduate students—**Ankur Bansal**, **Sean Caonguyen** and **Narek Zohrabyan**—have the personal fulfillment of making a difference for youths in middle and high schools while obtaining teaching and research experience. The graduate teaching fellows have been awarded \$30,000 stipends, along with \$10,500 each for fees, books and travel.

According to **Nancy Warter-Perez** (*Electrical and Computer Engineering*), IMPACT LA director, "This integrative program aims to increase the number of underrepresented minority students who pursue college degrees and careers in STEM (science, technology, engineering, mathematics) and to strengthen the research and teaching skills of Cal State L.A.'s graduate fellows."

Career Center teams with Grifols

To motivate and prepare students for careers in biotechnology, Cal State L.A. has worked with Grifols, a company that produces plasma therapies used for life-threatening diseases and conditions. Its 92,000-square-foot facility expansion near the CSULA campus, scheduled for completion in 2013, will provide approximately 300 new jobs. For the last two years, Grifols' CEO Willie Zuniga, a CSULA alumnus, has worked closely with the University's Career Development Center to recruit and hire more than 20 students. **Joanna Martel** (*Career Development Center*) also coordinated with Zuniga to initiate CSULA's internship program at Grifols.

Christopher Lenz (*director, CDC*) said, "Our partnership with Grifols is an excellent example of how the University works with local employers to serve both our students and the community. Building on that relationship, this expansion of Grifols will offer tremendous opportunities for our students."

Updates

April WASC visit to review 'capacity'

Visiting the University April 1-3, a team of academic leaders representing Western Association of Schools and Colleges (WASC) will undertake a "capacity review" of Cal State L.A., a major step in reaccreditation. Reviewing campus documents and interviewing the campus community, the team will assess fiscal resources, physical facilities, and goals for student outcomes.

A WASC team will visit again in the fall of 2010 to focus on "educational effectiveness." For analyses of campus capacities, timelines and more about the reaccreditation, visit www.calstatela.edu/wasc.

CSU responds to budget

Due to the state's recent economic downturn, the CSU is taking actions to reduce costs while protecting its students, faculty and staff, and preserving the quality of the universities. For details on the budget's impact on campus, read the recent President's *News & Information* bulletin at www.calstatela.edu/univ/ppa/campusinfo.php. For CSU budget updates, go to www.calstate.edu/BudgetCentral.

CSU biotechnology trio to launch grad program soon

Cal State L.A. has collaborated with two nearby CSU campuses (Fullerton and Pomona) to develop an interdisciplinary two-year master's program in applied biotechnology. Supported in part by the Sloan Foundation, the program is expected to begin in fall 2009.

Designed to prepare graduates for work in the pharmaceutical, biologics, medical device or diagnostic industries, the program's curriculum will teach students how a biotechnology product advances from concept to market. It will include a summer internship and a second-year project in collaboration with the biotechnology industry.

Students will focus on one of six concentration areas—

among them molecular biology, bioinformatics, law, and quality assurance. The program will be open to students interested in a biotechnology career, with a strong undergraduate record, and a relevant bachelor's degree—such as in engineering, computer science, mathematics, physical or life sciences, business and management. (Formal admission depends upon final approval of the new program.)

At Cal State L.A., the Department of Biological Sciences will administer the program. For details, contact either **Howard Xu** (hxu3@calstatela.edu) or **Sandra Sharp** (ssharp@calstatela.edu).

Familiar trends emerge as students use social networks

College students use new social media primarily to connect with existing friends, according to a recent study in the Nov.-Dec. 2008 *Journal of Applied Development Psychology* (*JADP*).

"Mostly they seem to be using these newer social networking sites to extend and strengthen offline concerns and relationships," said **Kaveri Subrahmanyam** (*Psychology*), a lead author on the study. For the article, go to dx.doi.org/10.1016/j.appdev.2008.07.003.

Subrahmanyam and her colleagues report that visiting social networking sites, such as MySpace and FaceBook, is popular among emerging adults, age 18-22. They found that students, when networking socially online, would rather interact with existing offline friends than seek out new friends, new music, or groups to discuss specific issues.

Subrahmanyam, who co-edited the *JADP* special issue on social networking, said, "As technology has become all-pervasive in young people's lives, it is important for us to understand its role in development. That is, we may see some behaviors change in online contexts, see others unaltered, and find out how participating in online contexts affects young people's development."

A developmental psychologist, Subrahmanyam is director of the CSULA Media and Language Lab and associate director of the Children's Digital Media Center of Los Angeles. An expert on the effect of interactive media on children and adolescents, she also studies children's cognitive and language development.

For more on the special issue, go to dx.doi.org/10.1016/j.appdev.2008.07.004.

'Walls of Passion' historic murals exhibit to tour

If you missed the "Walls of Passion: The Murals of Los Angeles" exhibition at the Fine Arts Gallery, you can enjoy it at the Mexican Consulate of Los Angeles starting March 19.

The photo-documentary exhibition of 32 L.A. murals researched by 15 Cal State L.A. art history grad students attracted more than 600 people at its opening reception.

According to **Manuel Aguilar-Moreno** (*Art*), "It was a magical event. It helped to connect our graduate students with great local artists, as well as with the surrounding communities."



Francisco Letelier's "Untitled (Children of the Sun)"

The students also met with alumni and veteran artists Paul Botello and Kent Twitchell and muralists Man One and Francisco Letelier. Many of the artists signed the students' photos of their murals.

Described as "vibrant displays of passion," the exhibition has been featured in the *Los Angeles WAVE* and *MidValley News* local weeklies, community calendars and art blogs.

For a map of the mural locations and more about the exhibition, go to www.tinyurl.com/Murals-of-LA-map.