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Column: Being a three-year grad

EDER RAMIREZ
Deputy Editor

Every first-year student enters Cal State Fullerton with the same old spiel from their counselor: take 15 units a semester, and you’ll earn your 120 units to graduate in four years. It’s a tip that many take to heart, given that almost three-quarters of the university’s undergraduates earn their degree in four or more years. Not for me, though. At age 18, I entered Cal State Fullerton as a freshman and I’m now about to walk out with a Bachelor’s in Communications at 21. Within three years, I earned a degree in higher education, and it was a long road.

To get an undergraduate degree in three years would require a student to earn all 120 of their credits in a shortened amount of time, not to mention the commitment it would require altogether.. My approach to my classes was unconventional. In contrast to the recommended fifteen units a semester over four straight years, I packed in as many units per semester as I could — 19 — and took on winter and summer coursework from nearby community colleges. After meeting with my academic advisor and setting up a list of classes I’d need to register for over the next three years, it was just a matter of committing to it. It shouldn’t have been that hard, right?

According to the all-important plan, it’s just six 3-unit classes a semester. Taking 18 units a semester is a task many have opposing opinions on and their fears are not unjustified. I can tell you firsthand that eighteen units a semester is an arduous undertaking, and I wouldn’t recommend the path to those who aren’t fully ready to accept the workload. Motivated by my family and the backing of a state veteran program made my stepfather was entitled to, you can’t blame me for seeing this as a no-brainer decision. I’ve been writing for the Daily Titan for about five semesters, from News Editor to Deputy Lifestyle Editor. I enjoy writing stories about various things, as producing content for this newspaper helped me sharpen and hone my skills as a journalist and a writer, which have proven invaluable for my three-year endeavor.

I’ve taken internships that further developed my skill set, demanding additional time and focus. Packing on classes and internships could be considered a brute force task, and while said brute force will ultimately get me through my undergraduate program, I would be lying if I said that I didn’t suffer through any of it.

I can’t count the nights I’ve stayed up silently crying, yet I never budge. I poured all of my time into my studies; I forgot to make many friends. I spent so much time writing for the newspaper that I forgot to join a club. So much time was spent escaping reality through video games that I forgot to ask myself, “How am I really doing?” I’ve received so much of the same praise from those close to me to the point where it’s all just so numb.

I psyched myself into the toxic mindset that nothing matters if it means getting the mission done. This mindset had been drilled into me not by my family, not by my instructors, but by the overwhelming workload I had taken on — I hated it.

Yet, despite hope getting me into this situation, it’s also what got me through. While I was numb from the constant praise, it did serve as constant reminders that I wasn’t alone. My high school friends were visiting me constantly, and even some personal conflicts I had with an old acquaintance ultimately taught me that it can always be worse no matter how bad things can get for me. Let’s also not forget the upsides to this path, with the biggest benefit being how cost-effective the overall bill will be. Theoretically, taking this path will only result in paying for three years’ worth of units, with no more than a thousand dollars in classes from summer and winter courses at community colleges. You’re still saving quite a bit of change, and that might be the only reason you’d pick this path. Take my experiences with a grain of salt. I am not here to condemn this pathway, nor am I advocating for its consideration. With sacrifices of time, money, mental health and energy, it’s a long winding road that no student should even think of lightly. It’ll all be worth it when you walk, shake the dean’s hand, and hear “Pomp and Circumstance” air alongside your name.

I plan to return to CSUF soon to earn a graduate degree, though I hope I don’t do the same thing then. But in reality, who knows? After all, rest is never promised for the weary.
Column: Taking a break after college

You deserve some time off following your hard work toward a degree.

AUDREY PARAYANO
Staff Writer

It’s the end of the semester, and you’re about to hear your name called as you walk the stage to receive your diploma. The diploma signifies all of the time, effort, stress, hard work, sleepless nights and even some tears that you put into school. For some, it’s been a long, non-stop journey since preschool. For others, it’s a conclusion to picking up where they left off.

However, taking care of yourself is an even bigger deal, and taking a break after graduation is a worthy option, despite what society says.

As I come to the conclusion of my undergrad, I’ve been reflecting on the entire journey that’s led to this very moment.

I started at San Diego State right after high school. I left San Diego State a few weeks in and took the rest of the semester off. I went straight into working part-time and taking classes at Mt. San Antonio College. I got my associates degree and continued to work full-time, all while in the height of the COVID-19 pandemic.

This all led to my very first year at Cal State Fullerton. It was completely online, so navigating a new school from a laptop in my room and finding the motivation to even try in my classes became a huge challenge.

During this hybrid semester I was burnt out while juggling classes, managing a very busy ice cream shop and doing an internship. Honestly, I didn’t really think I’d get to graduate this year, but here I am.

The last five or so years of my life have been dedicated to school and everything else in my life except me. As I’m nearing the end of my undergrad and in the middle of mental health awareness month, I’ve decided that this first part of post-grad life will be dedicated to me — my mental and physical health.

There are so many pressures that society places on graduates after they get their degree. People ask questions and say things like, “What are you going to do now? Do you have a job lined up? Are you applying to places? You need to keep going if you want to be successful,” and so on.

I’ve reflected on the last five years of my life and as much as I was doing everything for my future, I was never doing anything for my present self. I think that’s a common thing that happens to students and that can really take a toll on a person’s mental health.

The mixed thoughts and feelings that hit a person once post-grad life comes can be even more detrimental to their mental health. It’s important for people to know that it is okay to take time for yourself after graduating.

Post-graduation depression is real. You go from being a productive student working toward a degree, surrounded by friends and other students doing the same thing, to being out in the real world by yourself with no clear path. Society sets up our lives to go to school and get good grades, and oftentimes, we never really plan for what happens after that. We’re forced to figure it out and be a real adult with real responsibilities.

I’m here to tell you that it’s OK to have no idea what you’re going to do. It’s OK to not have a post-grad plan. It’s OK to want to live your life and work on yourself. Nobody has everything figured out, so you shouldn’t put that pressure on yourself to have it all figured out.

Everything in the world is going to exist and continue. Opportunities will always come and go. There’s no rush to jump right into it. Work, school, friends, family and life will all still be there. It’s OK to take a break for a little bit and go into your little bubble to disconnect and take care of yourself.

You spent countless hours dedicated to the system that is school and meeting the standards and expectations of society. It’s OK to take a break. Whether it’s traveling the world, picking up a new hobby, journaling, spending time with loved ones, or even just doing nothing, taking that time for yourself and your mental health after you graduate should be a priority.

Graduating college is a huge accomplishment, so be proud of that! Take the time to celebrate. Take the time to take care of yourself. Take the time to have a little break. You owe it to yourself.

To the class of 2022, congratulations! We did it.
Unique graduation photo locations

Three creative spots in Orange County students can go for pictures.

1. The Lab Anti-Mall — 2930 Bristol St.
   Costa Mesa
   The Little American Business is an indoor-outdoor rustic hangout destination tucked in OC’s suburbia. Hipster aesthetics include a tunnel of shiny CDs, floral vintage backdrops and a make-shift fountain made from spurring colored barrels. The parking lot is small and free of charge, but there are also plenty of parking spots on the neighboring streets. Graduates would likely come across a copper dome that is adorned with hanging tags. This wishing tree encourages visitors to “send your warm wishes and dreams off to the universe by writing them on a hanging tag of our wishing tree.” It is a perfect spot for graduates to write down their career aspirations while getting some sentimental close-up shots.
   This eccentric hub’s business hours are from Monday through Friday, 8:30 a.m. to 5:30 p.m. All photo and film shoots, including graduation shots require a permit and fee. It is also recommended to submit a film or photo form to the Community Relations or Property Management staff at least 48 hours prior to the shoot to alert tenants and custodial staff. Email info@thelab.com for further inquiries.

2. Anaheim Gardenwalk — 400 West Disney Way
   This outdoor mall offers a plethora of artsy photo-ops that graduates cannot miss. Vibrant murals, an intricate gazebo and nature-inspired backdrops add an element of surprise to graduates’ stagnant photos.
   The parking structure is right next to the mall and offers parking validations. After the first complimentary hour, it is $3 per hour.
   Fluttering blue butterflies against a modern brick wall leads down cascading stairs.
   The pop of sky-blue wings can create a dynamic graduation photo.
   If graduates want to go big, take a stroll down the “Art on the Walk,” which includes murals, art installations and art in windows created by more than 30 whimsical artists.
   Some art features California’s marine life while others highlight vivid abstractionism.
   Graduates can take a photo with an art piece that suits their personal aesthetic.

3. Victoria Beach — 2713 Victoria Dr.
   Laguna Beach
   Aside from the artistic flair, Victoria Beach is a beautiful white-sand beach featuring mansions and an iconic castle-inspired 60-foot-tall tower built against the Laguna cliffs. Despite the steep hills and stairway that could leave graduates out of breath, the sparkling ocean view is the ultimate breathtaker.
   There is free and metered parking along the Pacific Coast Highway around Nyes Place signal or near the Montage Resort. If those spots are filled up, free parking is available in the neighborhood. However, any visitor must be mindful of the surrounding private properties.
   Wear comfortable shoes along this trek. Reaching the tower requires a short venture through rocky terrain. However, once graduates meet their treasured photo-op, they can inch closer to the mesmerizing and unconventional “Pirate Tower” landmark. Graduates can take photoshoots during sunset to paint a glowy hue to their images. The sea breeze would also create a flowy effect on their graduation gown.
   It is advised to not arrive late in the evening as the tide rises, making it dangerous for beachgoers. Victoria Beach is like no other, especially because of its seclusion. Graduates wouldn’t have to battle out on the sand for a flawless and beachy shot.
Alumni Association welcomes students

As Titans prepare to walk across the graduation stage, the Alumni Association welcomes the class of 2022 with open arms.

Rebecca Meza, the director of communications and operations for the Office of Alumni Engagement, said she graduated from Cal State Fullerton in 2007 and was intimidated by the Alumni Association because she thought she needed more job experience to join, but job experience is not mandatory.

Meza said their mission is ultimately to connect 300,000 alumni back to each other and students, and she advises all graduating students to consider joining the Alumni Association.

“Don’t be intimidated, don’t be shy and don’t hesitate. Just get involved and come out to things. You won’t regret it. In the end, now that I am an alumna, and I went to school there and I chose to go to school there, it was a great experience — it shaped me and it gave me what I have today. You’ll never regret it, you will never regret going back to your home,” Meza said.

Although it may appear to be exclusive to graduating students and alumni, the Alumni Association hosts events to support undergraduate students, such as professional development panels and resume workshops.

Meza said she encourages all CSUF students, regardless of what year they are, to take advantage of all the networking opportunities presented by the Alumni Association.

“Introduce yourself to everyone in your class, introduce yourself to people as you walk down the way. Go to events, even if you don’t love it, show face. People appreciate when you show up for them. People will start recognizing you even if they don’t know your name,” Budisantoso said.

Graduating students can join the Alumni Association for a discounted one-time fee of $57 until June 30.

“Although it may be intimidating at first glance, Budisantoso said she encourages students to start networking as early as they can. When she was a student, she believed she had to prepare elaborate elevator pitches or business cards, but she learned networking can be as simple as introducing herself to others.

“Introduce yourself to everyone in your class, introduce yourself to people as you walk down the way. Go to events, even if you don’t love it, show face. People appreciate when you show up for them. People will start recognizing you even if they don’t know your name,” Budisantoso said.

Graduating students can join the Alumni Association for a discounted one-time fee of $57 until June 30.

Member benefits include invitations to alumni events, free parking, discounts at select companies and more.
HAILY TORRES
College of Humanities & Social Sciences

Congrats Haily!
We are so proud of you all your accomplishments and reaching this amazing milestone. Cheers to a bright and successful future, your hard work and dedication has paid off. You mean the world to us!!

Love you,
Mom and Family

MAYA KURIAN
College of Business & Economics

Congratulations Maya! You did it, we are so proud of you!

Love,
Mom, Dad and Jada

KRISTLE ADLER
College of Communications
SPJ-CSUF President, Titan TV, Titan Radio, Lambda Pi Eta-Tau Epsilon, College of Communications Honor Society

Kris, congratulations on all of your success on and off campus! You are a force, an excellent journalist, and one heck of a mother. Your kids will always have these memories of their mommy working hard and earning all of it for them. You are amazing and we can’t wait to see where you go! Stay true to who YOU are, and you will win every time.

- Heather and the kids

ALEIGH SCOTT
College of Health & Human Development

Congratulations, Alboo!! Your hard work, patience, grit and tenacity have paid off with an impressive Bachelors Degree in Kinesiology. You came to unknown place with fire in your belly and a determination to conquer. Conquer you did! We could not be any more proud of what you’ve accomplished and we look forward to your next chapter. We love you.

-Dadeo, Mom, Sis, Payt & Namaw
TAYLOR ARREY
College of Humanities & Social Sciences
President’s Scholar
We are beyond blessed and so proud of all that you have accomplished at CSUF! We know you are going to do amazing things! We will always be here, cheering you on! God Bless you Always! We Love you to Infinity & Beyond!

Dad, Mom and Madie

DANIELLE DASILVEIRA
College of Humanities & Social Sciences
Women and Gender Studies
You did it! We are so proud of you. We love you very much. You can do anything you put your mind to. May God bless you always.

Love Mom and Dad.

ALISON SANCHEZ
College of Business & Economics
Associated Students Incorporated, University Honors Program, Accounting Society
It seems like just last week on your 5th birthday you were already determined to go to college when you said you were saving your birthday money for college. Through all these years you have surprised us and made us proud of you! Continue following your dreams.

-Mom & Dad

ALISON SANCHEZ
College of Business & Economics
Associated Students Incorporated, University Honors Program, Accounting Society
One step closer. You have devoted so much time to get to this moment. I couldn’t be prouder. Your perseverance has paid off. Every step, a lesson, a sacrifice, an opportunity. Behind you all your memories, before you all your dreams, around you all who love you, within you all you need. You are an advocate of the people, society, environment, and injustice. Be the change that you wish to see in the world.

Love, Mom

DANNIELA MESEN
College of Humanities & Social Sciences
The journey of your professional life is reaching another milestone. The sky is the limit. “DON’T BE MESSING WITH THE MESEN”

Love, Mom and Dad.

CHELSEA NGUYEN
College of Business & Economics
Congrats Chels! We are so so so proud of everything you’ve accomplished, and we are excited to continue to watch you grow. Continue to kick butt and we’ll be here cheering you on <3

Love, Izzy, Olivia, Jess

JASON TRUONG
College of Natural Sciences & Mathematics
You’ve worked so damn hard and we are SOOO proud of you

- from the bd Truong dynasty w love!

JULIA VILLANUEVA
College of Health & Human Development
Nursing Student Association President 2021-2022, Student Ambassador, Peer Mentor
So very proud of you!

Love, Mom Dad Ben & Roscoe

KATHLEEN VAZQUEZ
College of Humanities & Social Sciences
One step closer. You have devoted so much time to get to this moment. I couldn’t be prouder. Your perseverance has paid off. Every step, a lesson, a sacrifice, an opportunity. Behind you all your memories, before you all your dreams, around you all who love you, within you all you need. You are an advocate of the people, society, environment, and injustice. Be the change that you wish to see in the world.

Love, Mom
Tyler Costa
College of Communications
Daily Titan Assistant Director of Sales, Advertising Club Secretary, AAF Account Executive

Tyler, we are so proud of the commitment, dedication, and results you have exhibited throughout your college career! The excitement, enthusiasm, and leadership skills you have demonstrated make us confident in your continued success throughout grad school and, eventually, your career.

Love,
Mom, Dad, Jessica, and Teddy

Allison Nishi
College of the Arts
Daily Titan

Congratulations on your graduation!! We are all so proud and thankful to be able to walk the road of life with you. We now pause to enjoy the view before we pick ourselves up and walk hand-in-hand as a family to continue our journey with you. We love you lots!

Isabel Cambiaso
College of Business & Economics
Finance Concentration / Daily Titan Director of Sales

We are so proud of you beyond words. Your hard work finishing in 3 years is a monumental achievement! No matter how difficult the challenge, you were always positive that everything would be fine….as long as you had a cup of coffee. We will miss hearing the funny stories of the numerous mishaps throughout your day, but we look forward to see where you end up next. We are your number one fans. Congratulations and enjoy the moment…

We love you,
Dad, Mom, Lauren, David

Josephine Tang
College of the Arts
Daily Titan Senior Graphic Designer

Congratulations to our youngest daughter on this great accomplishment. We are proud of you (even if there is no word for it in our language). Through hard work, you have earned a degree that highlights your creativity and thoughtfulness. You are a blossoming flower. We love you and we look forward to what your future holds.

-Mom, Dad, Jennifer

Dakota MacDonald
College of Communications
Daily Titan, AdClub, AAF National Student Advertising Competition

Dakota,

We have been on an exciting adventure through your college years, with all that you have accomplished! You have proven to me you can do anything that you set your mind to! I am so very proud of you! Now you are going to start your new adventure, I can’t wait to see what you do next! Papa and Nanita would be so proud! We love so much!

Mom, Lexie and Emma
SIERRA ESQUEDA
College of Communications

“Welcome to the Final Show” You did it babe! You made your momma proud! Now, “Just let me Adore You”. “We have a Choice: to live or exist” and “A Dream is only a Dream until you decide to make it Real”. Its time, go make that dream real. “Its New York, Baby, Always Jacked Up” is waiting for you and you will do BIG things. So, “Chin up, Smile, Walk Away”, “Remember Everything will be Alright”, please “Just Stop your Crying and Have the Time of your Life” and always “Treat People with Kindness”! Congratulation Sierra Michelle!

Love, Mom

VIVIAN HUENNEKENS
College of Business & Economics

Congratulations Vivian! We are so proud of you. Graduation isn’t the end of a tough journey. It is the beginning of a beautiful one.

Love you,
Mom and Dad
IYANA SERAPHIN
College of Communications

The World is yours; You want it you will have it, Dream it and You can create it. Love always Big Bruh Stevie

“The World is your oyster. Always have hot sauce.”

Juju Bear you’ve made all of us proud, I love you. Nique

Congratulations Yana, you made me proud, Love You Dad

You are my 1 my only and noone can come close! So in love with you! Mommy

TRINITY RUELAS
College of Arts | College of Communications
Concentration in Dance and Public Relations

God gave us a gift and we named her Trinity Angelica, a beautiful name, for a beautiful young lady! You were a blessing from the start and have continued to shine. Congratulations, we are so proud of you and all that you have accomplished! You have made incredible friends, had memorable experiences, and accomplished so much at CSUF as a student–athlete. You have worked so hard and dealt with such adversity and loss, but you have carried on with joy, compassion, that lovely smile, and the wisdom that we must be thankful for and make the most of each day. You truly exemplify strength, perseverance, grace, poise, and faith in all you do. As you move onto the next chapter, remember how much you are loved and that your family will always be there to cheer you on! Keep Dreaming Big! You are tiny but mighty, a true Titan!

“Let God grant what is in your heart and fulfill all your plans.” PSALM 20:4

Love,
Momma, Timothy & your guardian angel big brother Anthony
CONGRATULATIONS
CLASS OF 2022!

Your Titan alumni family would like to wish you and yours a very heartfelt congratulations. You and your supporters have made it and now it’s time to celebrate! Don’t forget to stay connected to your alumni family on social media (@csufalumni) or bookmark our website: alumni.fullerton.edu

CLASS OF 2022 GRAD SPECIAL
Seniors, the Alumni Association is offering a one-time special price of $57 for a lifetime membership! Join today and receive a welcome tote bag which includes a unique Alumni license plate frame. This offer expires June 30.
Bachelor’s degrees do not secure a future

Graduate school, internships and networking are key to a successful career.

JAQUELINE ROSALES
Staff Writer

Walking down the graduation stage with a degree in hand feels glorious. After commencement, aspirations of landing a dream career and putting a costly degree into promised use clog up the minds of proud graduates. However, most alumni learn that most employers ask for more than just a bachelor’s degree in a highly competitive job market.

The misleading narrative that an undergraduate education is all one needs to secure a job after graduation lacks the reality of educational obstacles and hectic experiences needed to be successful. But the painstaking truth is that possessing a bachelor’s degree is not enough to secure a job, and its benefits are minimal compared to what characterizes an exemplary candidate with a masters or Ph.D. for a future career.

Recent CSUF alumni, Cristina Herrera, received her bachelor’s degree in criminal justice in 2020 and later secured a job in radio broadcast promotions.

“If I didn’t have a degree, I feel like there’s a chance that I would have still been considered for the job. But when I was looking to hire part-time people, a lot of those people have the same, if not more, experience than me,” Herrera said.

Earning her bachelor’s degree was a step in the right direction, but it is not enough for most students to obtain a job in their field after college. Although Herrera’s job doesn’t quite match her degree, she said searching for jobs began with club networking and took some luck to be at the right place at the right time.

Pursuing other career options not related to a bachelor’s degree is a hollow experience even if commonplace. It is inevitable to perceive a degree as lacking merit and merely symbolic of educational achievement. Four years or more of wasted brainpower down the drain. But to avoid those feelings of insecurity, pursuing a masters or Ph.D. in graduate school could likely improve the alumni’s qualifications.

It is in the hands of CSUF alumni to take the initiative and search for mechanisms to shape their appeal to future employers. However, the professional guidance in networking and workshops from the CSUF Career Center need to be taken advantage of by alumni.

Stephanie Reyes, senior associate director of employer relations at the Career Center, said that students can utilize a variety of resources and workshops, from the moment they start at Cal State Fullerton up to a year after graduation.

There is no question that the success rate of job security after college depends on the alumni’s concentration. Despite the unpredictability, it is crucial for alumni and soon-to-be graduates to continue networking and consider applying for internships or graduate school. Although it may be difficult to build one’s network, it is essential to continue the search.

“I would just say be persistent and intentional. And so what I mean by that is being persistent is making sure that it’s not just a once a month type of thing that you’re reaching out to folks or to alumni or to your networks. If you’re really in that job search, reaching out to your network should be like a job in itself,” Reyes said.

The first step for initiating a job search as a new graduate or even beginning one’s college career is forming meaningful connections and involvement on campus through clubs, student government organizations and attending career center workshops or career fairs.

Although attaining a bachelor’s degree has its benefits and initially gives students an advantage under their belt by retaining higher education, it is not entirely sufficient to obtain their dream job.

There needs to be more encouragement for soon-to-be graduates to consider applying to graduate school. Even with the rise in salary from masters or Ph.D., the opportunity to attain a desired job immediately after grad school could likely present itself in the blink of an eye.

A bachelor’s degree is not enough to secure a job, and that focus should be pushed to the front of the discussion when planning to attend college.

Whether it’s pursuing a master’s degree, interning for multiple organizations or networking, these are greater benefits in expanding horizons for educational success.

(TIRANJINI PILLAI / DAILY TITAN)
Congratulations
2022 Graduates, you did it!

Did you know that CSUF graduates are eligible to use services at Student Wellness, Health Services through the end of May?
Give us a call to learn more about services to help you on your new adventure.

- travel related covid tests
- copy of vaccine records
- prescription refills
- over the counter medications for upcoming travel needs
- TB test for new employment
- and more!

We are thankful to have assisted you on your academic and health journey, especially through a pandemic.

Good Luck and Best Wishes!

Keep In Touch
(657) 278-2800
fullerton.edu/health

@ csufhealth
CSUF Student Wellness
Party responsibly after graduation

Violence and risky alcohol and drug use can ruin a night of celebration.

CHRISTIANI AQUINO
Asst. Editor

On the day of commencement, college students are eager since they have finally finished one of their major educational milestones. To celebrate, graduates often attend a nightclub, throw a party or have dinner with family or friends at their favorite restaurant.

In all of these locations, graduates experience the highs of the night through the excitement and thrill of graduating. However, impaired judgment and intoxication through drug and alcohol use can lead to injury or even death. It is the responsibility of the graduates to be proactive at their afterparty celebrations.

Sanwal Dilshad, a fourth-year kinesiology major, is graduating this semester. He said he is going to celebrate his graduation by going out for dinner with his friends and finding a place to stay afterward.

He said that graduation ceremonies are celebrated through one’s perspective. Dilshad explained that some students who do not have anything lined up after graduation will celebrate graduation more recklessly than students who await the next chapter of their lives.

“I think it is really dependent on your perspective in college because some people have stuff to do after college while some people are just done after this, so I think that influences how they celebrate,” Dilshad said.

Since varied perspectives can have an impact on graduates’ celebration efforts, alcohol is not uncommon to see in a party setting, especially at a graduation celebration. With recent graduates being toasted to drinks of bourbon and whiskey, it can be safe to say drinking can lead to graduates’ reckless behavior.

According to the National Institution on Alcohol Abuse and Alcoholism, “1,519 college students ages 18 to 24 die from alcohol-related unintentional injuries.” While many of these alcohol incidents do occur in a party setting, recently-graduated students must take preventative measures to not become a statistic by moderating their alcohol use at a graduation celebration.

People must look over the effects of mixing alcohol with drugs to prevent injury or death. UC Davis has a Safe Party Fact Sheet that can help people recognize an alcohol overdose and the risks and effects of mixing drugs. The fact sheet also advises people to minimize their use of drugs and avoid mixing alcohol and other drugs.

According to U.S. News, 1 in 5 students admit to drunk driving.

No intoxicated graduate should be let free from the party until they have sobered up. To combat this issue, graduates must take responsibility when knowing their drinking limits, as well as calling for assistance through Uber, Lyft or a family member.

According to the National Institution on Alcohol Abuse and Alcoholism, “about 696,000 students ages 18 to 24 are assaulted by another student who has been drinking.” That level of alcohol-influenced assault gives another reason why graduates must be aware of their own limitations and intentions.

The Rape, Abuse and Incest National Network advises people at parties to not accept drinks from strangers, not leave one’s drink unattended and to be aware of changes in the effects of alcohol, such as feeling more drunk than usual. Having the support of friends and knowing that one can leave the party at any time can help recent graduates stay safe at these parties.

There has also been a rise in gun violence at graduation parties, so it is important to screen those who join your party setting. To ensure the safety of the celebrations, newly-graduated students must be willing to provide security in a party setting. That could look like limiting the guest list to a small group of friends and family or treating the event space like a concert and asking everyone to bring transparent bags.

Although college graduates crave to dance the night away, drink and cheer to surviving college, every individual must party responsibly.
Congratulations To Our Graduating Employees!

Abigail Amaya
Adriana Negrete
Aleah Diaz
Aliza White
Aminah Roberson
Bianca Navarro
Brooke Cusick
Celeste Hilario
Dang Nguyen
Diego Vazquez
Elise Pellissier
Hyewon Park
Jasmin Morales
Jena Alejandro
Jennifer Burch
Jesse Villamil
Katrina Ferrer
Maria Ruiz
Mateo Ortiz
Paul Boyce
Rikin Lathia
Samantha Baniqued
Samantha Jones
Tammy Nguyen
Trevor Kabateraine
Vivian Almeida
Wing Hei Tang

You did it! We are so proud of you!

Titan Shops
titanshops.com
GRADUATE ON YOUR TIMELINE.
Summer Session classes begin May 31.

SUMMER SESSION
extension.fullerton.edu/summer