



School of Continuing Studies INSIDE LOOK NEWSLETTER

↘ JANUARY 2023

MEET THE TEAM



**DEBORAH
GRIJALVA**

Interim Director



**DANIELLE
GUISE**

Assistant Director



**SU
HANSON**

Department Coordinator



**IYAN
BARRERA-SANDRI**

Instructional Designer



**ALEXA
CARRILLO**

Marketing
Student Assistant



**THANIA
PULIDO**

Academic Operations
Student Assistant

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STUDENT OF THE SESSION: Alejandra Watanabe

Each session, the School of Continuing Studies asks professors to nominate students who have stood out for their academic ability and performance, positive attitude, and work ethic. The SCS team then votes on all of the nominated students to make a selection. This month, we are delighted to congratulate Alejandra Arambul Watanabe on being selected as Student of the Session for second session of the Fall 2022 Term!

Alejandra holds an Associate's degree in Computer Drafting and Design and has over 18 years of experience in design and drafting while using a variety of computer-aided design software systems. She is currently pursuing a certificate in Purchasing, Logistics, and Supply Chain Management as part of SCS' Workforce Development partnership, and is excited to explore new job opportunities upon completion of her program.

As she works through this chapter of her educational journey, Alejandra has the support of her loving family, who inspire her to improve each and every day. Specifically, her two boys keep her motivated so that she can set an example for them about the importance of education. Like many adult students who return to school after many years away, Alejandra was hesitant at first, but was determined to show her boys that "it is never too late to achieve your goals." That same persistence and determination have served her well as she's navigated being a student, a parent, and adjusting to online learning. In her free time, Alejandra enjoys spending time with her family, watching DIY shows, and planning her next projects at home.

As we asked for Student of the Session nominations from instructors this term, Alejandra's professor, Danny Chung, stated that Alejandra "displayed exemplary effort in learning -- whether it be staying back after class to get additional clarification of the concepts discussed or going the extra mile in her discussions and assignments." Professor Chung also praised her high level of professionalism and preparedness, especially after having been out of school for over a decade.

Alejandra, we are proud of you, and can't wait to hear about all the amazing things you will accomplish as a University of Redlands graduate!



BON VOYAGE TO OUR MARKETING ASSISTANT

Alexa Carrillo

The School of Continuing Studies bids farewell to our Marketing Assistant, Alexa Carrillo. For the spring term, she will be studying abroad in Spain. The ancient city of Salamanca will be Alexa's destination, and she looks forward to exploring the country's culture, transportation, and academic opportunities.

During Alexa's time in Spain, she will take various courses in Spanish literature, film, sociology, and politics. Alexa is particularly excited about the sociology course about Spain's past, present, and future cultures. In addition to the academic courses, Alexa has applied to be a correspondent for the study abroad program on social media and blogs. If chosen, she will document her experience through writing, pictures, and content as an ambassador. Alexa is confident she will succeed in the role based on the skills she obtained working for the School of Continuing Studies as the Marketing Assistant. Ms. Carrillo will also take the writing skills she has developed at UOR. Knowing how to communicate with professors in Spanish will be an essential aspect of her experience. Through the foreign language courses Alexa completed at UOR, she has learned to write emails in Spanish, which will be a critical skill in Spain.

This study abroad opportunity will benefit Ms. Carrillo in both her academic and professional career. Academically, Alexa will put her Spanish language skills into practice. Professionally, it will provide her with invaluable experience abroad and a deeper understanding of foreign cultures and political systems.

Ms. Carrillo shares, "I'm not the first in my family to study abroad. My mother went to Toluca, México, for a semester, but I am the first to leave the continent and fly across the Atlantic Ocean. This is the first time I will be away from my family for a long period of time. It's a scary but exciting feeling for us all. The time difference will also impact us in how and when I will be able to talk to them for the day, but we will work through this new adventure together."

Alexa has been crucial to the School of Continuing Studies; her hard work and dedication will be missed. We are both proud and happy about this step she is taking in her academic and professional career. We wish her safe travels and are excited to hear about her experience when she returns.



STUDY TIPS & TRICKS:

Avoiding Student Burnout

Many people who experience burnout report feeling overwhelmed, and under an immense amount of pressure. What separates burnout from a stressful day or week is when those feelings of being overwhelmed persist over a prolonged period of time. Common symptoms of burnout include decreased motivation, even for topics or activities that you are interested in, chronic exhaustion all day, every day, and having a hard time concentrating.

For college students specifically, it's important to note that burnout is actually quite common, so you don't have to feel alone in your experience. The Anxiety & Depression Association of America reports that about 85% of college students experience burnout, so it's no surprise that those feelings of being so overwhelmed that you don't know how to move forward will have a negative impact on how you move through your classes. Take control of your experience by following three best practices to avoid student burnout.

SET BOUNDARIES:

Oftentimes in college, it can be really tempting to take on too much, because there are so many options for exciting events, clubs, classes, research. It's a lot! Give yourself permission to say no. If you overcommit, you're only giving partial effort to all of those activities or projects, so sometimes it can be better to scale down your number commitments and be able to fully participate in those experiences.

MAKE YOURSELF A PRIORITY:

This means attending to your physical health and your mental health. Just how you would take some time to yourself if you had a cold or sprained your ankle, allow yourself that same opportunity to rest when you're feeling overwhelmed or under intense pressure.

DON'T BE AFRAID TO ASK FOR HELP:

There are so many resources available to students, that can often be underused if students don't know they're there. If you feel like you might need some extra support, be that resource referral or even just someone to check in and help keep you accountable, we want to hear from you! You can reach out to us anytime at info-scs@redlands.edu at any time, and we'll work together on a game plan for you.



CERTIFICATE ON CYBERSECURITY: MANAGEMENT & ANALYSIS OF ORGANIZATIONAL CULTURE

WSCUC Approved

We are excited to announce the approval of the Certificate on Cybersecurity: Management & Analysis of Organizational Culture by WSCUC accreditation under the expertise of Cheyne Murray. This certificate, scheduled to begin Fall 2023, will require three courses for a total of 10 units. There is no application required, and courses are open to everyone.

With the global cybersecurity market size forecasted to grow to an estimated 250 billion US dollars by 2023, it is more important than ever for organizations to proactively practice protecting computer information systems, hardware, network, and data from all cyberattacks.

Recent global events, such as the COVID-19 pandemic, have applied pressure on widespread adoption of virtual technologies and have highlighted the need for organizations to better understand their information security's present-day challenges as well as future opportunities. Cybersecurity now dominates the current priorities of every organization as adaptation post COVID-19 normalizes and even encourages remote work as an acceptable practice and, with that, requires new security protocols surrounding the protection of identities and devices.

The certificate is intended for both business leaders and technology consultants, and there are no technical prerequisites for this program. The program will cover topics such as reviewing an organization's cybersecurity risk management, exploring strategies for responding to a cyberattack, critically analyzing an organization's risk profile, creating an actionable playbook for improving a culture of cyber awareness within an organization, and understanding the trade-offs between security and privacy.

This certificate is aimed at business leaders, managers, and executives in both technical and non-technical positions who are looking to build knowledge for becoming a more cyber resilient organization. Participants will learn to create an organizational culture of cyber awareness as well as develop competency with vocabulary commonly used in the cybersecurity realm to support informed conversations with CISO, CTO or other technology leaders. The certificate will also help those companies who don't have a CISO better understand their needs within an organization.

The certificate on Cybersecurity: Management & Analysis of Organizational Culture will provide a comprehensive understanding of cyber security and its impact on businesses. It will help professionals to understand how decisions made by technologists may affect the business landscape within an organization and how to successfully implement a risk mitigation strategy for an organization.

Contact us for more information: info-scs@redlands.edu



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